TREASURED 225 RECIPES

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NEW BRUNSWICK CANADA COOK BOOK

MORE THAN 225 TREASURED RECIPES

Tested by Generations of New Brunswick Cooks

THE NEW BRUNSWICK COOK BOOK

Treasured Recipes

COLLECTED AND EDITED BY

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AN OLD HOME OF OTHER DAYS

THE BOTSFORD HOUSE AT WESTCOCK, N. B.

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By

Aida Boyer McAnn

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NEW BRUNSWICK CALLING!

The Evergreen Country Where Vacation Dreams Come True

If the quickest way to a man's heart really be by way of his stomach, then indeed must New Brunswick exert an irresistible pull on masculine heart-strings. For it is hard to imagine a man with appetite so jaded that he will not respond with well-nigh greedy alacrity to delicious New Brunswick foods, fresh from sea and garden, cooked and served in characteristic native style. Appetites are first sharpened, then gloriously satisfied, by such delicacies as the rose-fleshed lobster, the magnificent marsh mushroom, the autumn partridge reclining, bacon-wrapped on its couch of cabbage, the mealy, flavorous New Brunswick potato and the generous stack of buckwheat pancakes, smothered in Nature's Own Sweet, golden New Brunswick maple syrup!

New Brunswick scenery, too, is as stimulating as its tonic air. More than six hundred miles of coastline, including both the rugged tide-swept shores of Fundy and the peaceful white sands of the Northumberland Strait, thousands of pine-fringed inland lakes, wooded hills and miles of waving marshland grass provide every variety and delight that eye could wish or memory cherish. Provide, too, every opportunity for hunting, fishing, boating, swimming, hiking, sketching or any other favorite outdoor pastime. In fact, New Brunswick is being everywhere acclaimed as America's Natural Playground. As such, this Province affords the ideal location for a summer home or indeed, for an all-the-year-round home. The natural human desire to own a plot of ground, large or small, is easily gratified now in New Brunswick, where farm land, shore rights, even entire lakes and islands may still be purchased very reasonably. Choose New Brunswick for your vacation or for your permanent home. New Brunswick has an evergreen welcome for you!

THE ROMANCE OF NEW BRUNSWICK AGRICULTURE

Imagine, if you will, the adventurous spirit and courageous hardihood of the early settlers in this province who cleared the land and planted the first gardens on the edge of threatening, sombre forests. In the Museums at Saint John and at Beauséjour, may be seen the rude wooden implements with which these pioneer agriculturists worked. Fortunately, the rewards of their labors were great. The ground, enriched by the leaf mould accumulation of centuries, combined with the perfect "growing weather" of a northern summer, produced first vegetables and grains, and later fruits, with a flavor and texture superior to any known before.

These natural advantages, so soon discovered by the earliest cultivators, have served as a foundation upon which to build the Province's present great agricultural development. Aided by Federal and Provincial Agricultural Departments and Experimental Farms, the New Brunswick farmer is continually at work finding out by experience and experiment with different seeds just which varieties will produce the most perfect products.

Among the foods which the New Brunswick soil and climate are best adapted to produce and which have been brought well nigh to perfection in this province by scientific cultivation may be listed: potatoes, apples, blueberries, strawberries, buckwheat, corn, squash and pumpkins.

You may enjoy these famous New Brunswick foods when you visit the Province or you may secure them where you live by asking for New Brunswick products by name. New Brunswick potatoes, apples, blueberries, strawberries and sea foods are available in many markets in Quebec, Ontario and the cities of the Eastern States. When you buy New Brunswick foods you may be sure that you are getting the best food flavor that money can buy.

For variety and interest, try cooking these native products, the characteristic New Brunswick ways suggested in the following recipes.

NEW BRUNSWICK POTATOES

No black or hollow hearts are concealed beneath the smooth exteriors of New Brunswick tubers! You'll find them "good-hearted" through and through. Flaky, mealy, tasty and health-building, rich inexpensive sources of calcium and iron and of vitamins A, C and G, New Brunswick potatoes are rigorously inspected and graded so that when you ask your grocer for **New Brunswick Potatoes,** you are sure of getting not only "the best you've ever tasted" but potatoes than which there are no better grown anywhere in the world.

Take the same care in preparing these potatoes for the table that the New Brunswick farmers have taken in producing them, and your rewards will be rich!

● **NOTE:** Potatoes must never be cooked too long. Over-cooking ruins them.

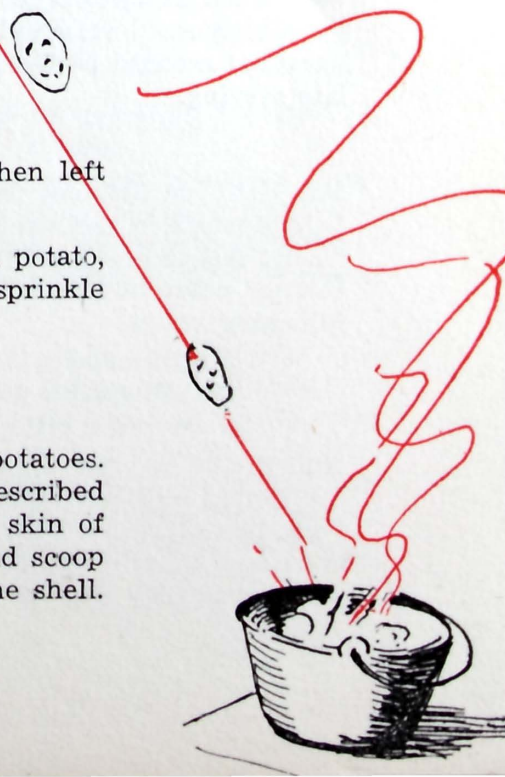
POTATOES—NEW BRUNSWICK BAKED

Select medium-sized New Brunswick potatoes, uniform in size, so that all will bake in the same length of time. Be sure that all are smooth so that the skins need not be cut. Remember the starchy particles of the potato are cooked by the heated water inside, and if the skin is cut then this water will evaporate. Scrub thoroughly. Place in a hot oven (500 degrees F.) At the end of 10 minutes, reduce the heat. Continue baking in moderately hot oven (400 degrees) until tender, turning once or twice during baking to insure even baking. To test, squeeze lightly with finger tips protected by a towel. (Piercing with fork allows moisture to escape and injures quality.) Never bake potatoes to a hard crust. Upon taking from the oven, serve **at once** in an **open** dish. Potatoes become soggy when left standing.

If desired, cut cross slits in one side of each potato, turn back to corners, insert cube of butter, sprinkle with paprika and serve in uncovered dish.

BAKED STUFFED POTATOES

Select six medium-sized New Brunswick potatoes. Bake until tender in the careful manner described above. Remove from oven, cut through the skin of each from end to end with a sharp knife and scoop out the inside, being careful not to break the shell.



Force the pulp through a ricer, season with salt and pepper to taste, add 2 Tablespoons butter and hot milk to thin to mushy consistency, but not too soft to sand up when dropped from a spoon. Usually about 3 Tablespoons of hot milk is enough. Beat vigorously with a large spoon until light and fluffy. Then fill the shells with this mixture, allowing the surface to stand up roughly. Dot each with butter, sprinkle with paprika and return to oven. Bake until surface is nicely browned, usually about ten minutes.

POTATOES—NEW BRUNSWICK BOILED

Select New Brunswick potatoes of uniform size. Scrub thoroughly with a vegetable brush. Put in a sufficient amount of rapidly boiling water to cover well. Cover and cook until potatoes are tender enough to be easily pierced by a fork. Just before cooking is completed, add two scant teaspoons of salt for six medium potatoes. Drain thoroughly and shake pan over fire to dry out potatoes. Remove the skins, dot with butter and serve at once in an uncovered dish. If it is necessary for potatoes to stand before serving, cover with a cloth, not with a cover.

● **NOTE:** Use water in which potatoes have been boiled for soups, sauces and the liquid used in bread making. It contains starch and soluble mineral matter.

POTATOES—NEW BRUNSWICK MASHED

Boil desired number of potatoes according to directions given above and when thoroughly cooked, drain, dry off over the fire, remove skins and force through a ricer so that there will be no danger of lumps. Add salt and white pepper to taste, about two Tablespoons of butter for six potatoes, and enough hot milk or cream to thin to the consistency of mush, being careful, however, not to make mixture too soft to stand up well when dropped from a spoon. The potatoes should now be beaten vigorously until very light and creamy. Serve at once. The secrets of excellent mashed potatoes are: no lumps, sufficient beating and immediate serving.

CREAMED POTATOES

Use left-over potatoes for Creamed Potatoes or, if none are on hand, boil potatoes in their skins for this purpose. In this way the potatoes do not fall to pieces and also have a better flavor.

Cut up potatoes into half-inch dices. Make a white sauce, using the following recipe:

2 Tablespoons butter
2 Tablespoons flour
½ teaspoon salt
Pepper to season
1 cup milk

Melt the butter, add the flour, salt, and pepper. Into this mixture, pour the heated milk and cook together until the flour thickens.

Pour this sauce over the diced potatoes seeing that all are well moistened and allow them to simmer in it for a few minutes. If desired, chopped parsley may be added to this sauce. Serve hot.

BROWNED POTATOES

Boil desired number of potatoes and when tender, drain, peel and dry off over the fire. Melt a small amount of fat in the frying pan and place the cooked potatoes in it. Fry until brown on one side, then turn and brown on the other. Season with salt and serve.

Instead of browning potatoes in the frying pan on top of the stove, they may be browned in the oven in which case their surface is apt to be harder. To brown potatoes in the oven, put them in a shallow pan and dot with butter. Have the oven hot. Brown on one side, then turn and brown on other. Season with salt and serve at once.

POTATO PATTIES

2 cups mashed potatoes
1 egg
Fine bread crumbs
Salt to taste

Season the mashed potatoes, add the beaten egg and mix thoroughly. Shape into flat, round patties and roll in the bread crumbs. Melt small amount of fat in frying pan, fry patties first on one side, then turn and brown on the other. Serve hot. This recipe serves six.

For a variation, the patties may be sprinkled with grated cheese just before serving.

POTATO SAUSAGES

1 cup mashed potato
1 cup chopped cooked meat or flaked fish
I egg well beaten
½ teaspoon salt
½ teaspoon pepper
A little melted fat
Fine bread crumbs

Mix mashed potatoes, with seasoning and then with meat or fish. Add beaten egg. Form into little sausage-shaped cakes. Roll in bread crumbs and bake in fairly hot oven until brown.

FRENCH-FRIED POTATOES

Don't deprive your family of delicious French-fried potatoes because you think it is difficult to make them. It isn't:

Peel the required number of potatoes, then cut each potato into sections like an orange, cutting each of these sections again lengthwise into small pieces. As soon as cut, drop these pieces into cold water and leave them there until ready to fry. Then remove from water and dry on a clean, dry towel.

Place just enough potatoes to cover the bottom in a wire basket and lower into deep fat, at a temperature of 400 degrees F. The potatoes should cook through and brown in approximately 5 minutes. Too many potatoes done at once will cool the fat below the required temperature. Remove potatoes from fat, re-heat fat to 400 degrees F. and cook those remaining. When potatoes are removed from fat, drain on brown paper, sprinkle with salt and pepper and serve at once. Always use a vegetable oil for deep-fat frying.

BACON—POTATO BALLS

2 cups mashed potatoes
2 Tablespoons milk
Salt and pepper to season
Bacon slices.

Season the mashed potatoes, add the milk, mix well, and form into balls a little larger than an egg. Wrap a slice of bacon around each ball and hold in place with a tooth pick. Put in buttered pan and bake in hot oven.

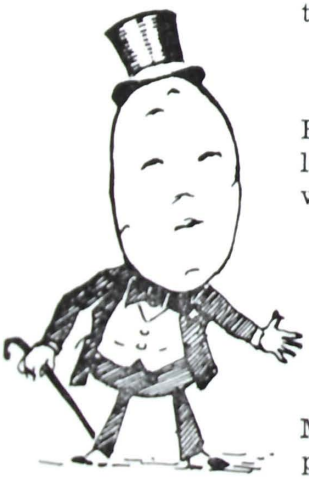
MEAT-STUFFED POTATOES

Wash four large potatoes and cut them in halves crosswise. Scoop out the centres, leaving a wall about half an inch thick. Bake these shells in a hot oven about 20 minutes. Chop two cups of cold meat—any kind desired or whatever happens to be on hand; add ½ teaspoon salt, pepper to taste, 1 Tablespoon grated onion, 1 Tablespoon chopped parsley and enough liquid (soup stock preferred) to make the mixture moist, about half a cup. Remove the potato shells from the oven; fill them with this mixture, rounding it up nicely on top. Dust with bread crumbs and bake until browned. Makes a delicious supper or luncheon dish. The potato scooped out may be used in soup or it may also be baked and used if needed or left for another meal.

ESCALLOPED POTATOES

This dish makes an excellent lunch, supper or home dinner. Wash and peel the desired number of potatoes. Slice them paper thin. Place a layer in the bottom of a well-greased baking dish, sprinkle lightly with flour, salt and pepper and dots of butter. Add another layer of potatoes, again sprinkle with flour, salt, pepper and bits of butter. Repeat this process until the dish is nearly full. Then pour over the whole enough milk to cover. Place a cover on the baking dish and bake in a hot oven (400 degrees F.) for about one half hour. Remove the cover and bake until potatoes can be easily pierced with a fork and are delicately brown. Serve hot from dish in which potatoes have been baked.

"HOT-CHA!"



"I'm no ordinary 'spud'. I'm from New Brunswick!"

● **NOTE:** To reduce cooking time for escalloped potatoes, parboil potatoes first.

LYONNAISE POTATOES

Boiled or pan-fried potatoes flavored with onion and parsley are called Lyonnaise Potatoes. They are popular served with broiled meats or fish.

2 Tablespoons butter or bacon fat
1 medium-sized onion, chopped
2 Tablespoons parsley, chopped
½ teaspoon salt
Pepper to taste
3 cups diced cooked potatoes.

Melt the fat in frying-pan, add onion, parsley, salt and pepper. Add the potatoes when fat is hot and fry until slightly brown, stirring to prevent burning. Serve hot.

THE NEW BRUNSWICK POTATO IN SWEET MOOD

Three Popular Native Recipes

POTATO CAKE

½ cup butter
1 cup sugar
2 eggs
½ cup mashed potato
½ cup raisins (floured)
½ cup chopped nuts
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon salt
1 square chocolate (melted)
1 cup sour milk
1½ cups flour
½ teaspoon soda
1 teaspoon vanilla

Mix these ingredients in order given, creaming the butter, adding the sugar, then the beaten eggs, etc. Frost with Orange Frosting and garnish with chopped nuts.

ORANGE FROSTING

Grated rind of 1 orange
Grated rind of ½ lemon
¼ cup orange juice
2 teaspoons lemon juice
1 egg yolk
¼ teaspoon salt
3 Tablespoons butter
3 cups sifted confectioner's sugar

Allow orange juice to stand for 15 minutes with grated orange and lemon rind dissolved in it. Strain. Mix egg yolk, lemon juice, salt, butter and frosting sugar. Add orange juice until of right thickness to spread. Beat until smooth and frost cake.

POTATO DOUGHNUTS

4 medium-sized New Brunswick Potatoes
1 Tablespoon butter
1 cup sugar
½ cup sour milk
2 eggs, well-beaten
½ teaspoon soda
2 teaspoons baking powder
½ teaspoon salt
A little nutmeg
Flour sufficient to roll

Peel and boil potatoes until soft, mash smooth and add butter. Beat until creamy. When cool, add sugar, sour milk, beaten eggs; soda, baking powder, salt, nutmeg, mixed with enough flour to roll out. Fry in deep fat.

These doughnuts are delicious and will stay soft indefinitely.

CHILDREN'S SPECIAL

A Delicious, Inexpensive, Healthful Candy

Mash 1 potato while it is very hot, add a pinch of salt, a little vanilla and as much powdered sugar as can be worked in. Coconut, chocolate, cocoa or chopped nut meats may be worked in with the sugar. Roll in long rolls about 1 inch in diameter, let stand half an hour to dry. Then slice. If preferred. this mixture may be packed in a shallow pan instead of being rolled, and when dry, cut in slices.

NEW BRUNSWICK APPLES

Hundreds of miles of coastline together with thousands of inland lakes and streams provide New Brunswick with an ideal temperature, neither too hot nor too cold, for apple growing. The soil contains sufficient potash to insure the trees a vigorous and healthy growth and orchards flourish on the Province's sunny hillsides, yielding in springtime their delightful crop of fragrant pink and white blossoms, and later on in the fall, a glowing harvest of ripe fruit. The kind of fruit John Burroughs had in mind when he apostrophized the Apple thus: "I think you must come from the north, you are so frank and honest, so sturdy and appetizing. You are stocky and homely like the northern races. Your quality is Saxon. Surely the fiery and impetuous south is not akin to you. Not spices or olives, or the sumptuous liquid fruits, but the grass, the snow, the grains, the coolness, is akin to you. I think if I could subsist on you or the like of you, I should never have an intemperate or ignoble thought, never be feverish or despondent. So far as I could absorb or transmute your quality, I should be cheerful, continent, equitable, sweet-blooded, long-lived, and should shed warmth and contentment around . . . ."

That an apple a day, keeps the doctor away, is no empty adage. For Health's sake, eat a New Brunswick apple every morning before breakfast. Serve apples frequently as an appetizer at the beginning of luncheon or dinner. The mild, mellow acid of the apple stimulates the appetite. As do the following favorite New Brunswick apple dishes:

NEW BRUNSWICK APPLE SAUCE

Use the best of tart New Brunswick apples. Cut them up leaving skin on and core in. To each quart of apples, add 1 cup of water. Boil until apples are soft. 20 minutes is the usual time required. Put through a coarse strainer and add from ½ to 1 cup of sugar for each quart of apples according to taste, add 2 tablespoons lemon juice; keep hot and stir until sugar is well dissolved. A handful of raisins, previously softened in hot water, either seeded or seedless, is the last ingredient required for this delicious sauce, which is not really a sauce at all, since it is eaten separately. Serve cold. If the apples are cooked quickly, the sauce will be light-colored; if a darker sauce is desired, sweeten when apples are first put on and cook slowly. Using brown sugar instead of white adds flavor.

BAKED APPLES

Choose New Brunswick apples of uniform size and of a variety firm enough to hold their shape when cooked. Wipe with a damp cloth; core and leave skin on as skin improves flavor and helps keep the steam inside while apples are baking. Put apples in a baking dish and put 2 teaspoons of sugar in the center of each one. Pour a little hot water in the pan, so that apples may be basted occasionally during baking. Allow 20 to 25 minutes for baking in a moderately hot oven.

So much for Plain Baked Apples. Vary this recipe nine-ways-for Sunday by using the following different fillings:

1. 2 teaspoons of sugar and ¼ teaspoon each of cinnamon or nutmeg, or ¼ teaspoon of a mixture of the two spices, for each apple to be baked.
2. Brown Sugar.
3. Maple Sugar.
4. Honey.
5. Chopped Nuts and Sugar.
6. Grated Coconut and Sugar.
7. Brown Sugar, Seeded Raisins or Chopped Figs.
8. When the apples are done, let them cool, then fill the centres with jam or jelly, and garnish them with whipped cream.
9. Chopped Marshmallows; when done, place a whole marshmallow on top of each apple and return to oven long enough to brown marshmallows.

PERFECT APPLE PIE

Have all materials to be used **cold.** Do not cut fat in too fine if flaky crust is desired. Add ice water very gradually and be sure to use very little so that **pastry will be as dry as possible and still hold together.** If vegetable shortening is used, a little salt should be added to flour. When butter is used the addition of salt is not necessary. Mix dough with a knife or pastry blender and do not touch with hand. Use very little flour on the board when rolling dough. Roll dough less than one-eighth inch thick. Bake in a hot oven (450 degrees F.) for first ten minutes, finish in a moderate oven. Have strong underheat at first with pie on lower oven shelf, then brown on top by moving higher

Apple pie is best without an under crust and should be cooked in a deepish earthenware, granite or glass pie plate. The following ingredients will make enough pastry for two pies with upper crusts only; or enough for an upper and under crust for one pie.

1 cup flour
¼ teaspoon salt, if desired
One third cup butter or half butter and half vegetable shortening
Enough ice water to hold pastry together

Sift the flour twice with the salt. Cut in one-half the chilled fat, using two knives or a pastry blender. Continue cutting until pieces of fat are about the size of a small pea. Add the iced water, little by little, mixing in each addition with a knife. Be very careful not to add too much water. Too much water makes a tough crust. Roll in a thin sheet and spread remaining fat on one-half the dough. Fold, pat and roll out; repeat. Cut dough in half. Wrap each piece in waxed paper and chill thoroughly. Then roll out piece to be used on floured board. Of course, when only one cup of flour is used, the pastry must be very

"The apple grows so bright and high
And ends its days in apple pie!"

thin. A thin crust is delicious. Roll pastry from centre with a light springy touch. Roll less than one-eighth thick; double and cut two slashes in centre. Then place over well-buttered earthenware plate which has been filled full with the following mixture: a layer of thinly sliced tart apples, dotted with tiny lumps of butter, sprinkled with sugar with which has been mixed a bit of grated lemon rind and a pinch each of powdered cinnamon and cloves. Add another layer of apples and repeat dotting and sprinkling. Repeat until dish is full. Crimp the pie crust dough over the edge of the dish. Cook first ten minutes in a hot oven, finish in a moderate oven. Test apples with a fork to see if sufficiently cooked. When they are tender and transparent, they are cooked.

● **NOTE:** Pastry dough will keep a week or more in the refrigerator and when chilled before baking, the heat is more effective and the crust comes out much lighter.

APPLE DUMPLINGS

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 to 4 Tablespoons shortening, as desired
½ cup sugar
Cinnamon to taste
About two-thirds cup milk

Sift flour twice with baking powder and salt. Cut in fat, not too fine. Add liquid, mixing to soft dough and roll out into thin sheet. Wipe apples, core from blossom end, being careful not to make hole all the way down. Cut dough in sections large enough to hold an apple. Place fruit in middle of dough and fill centres with mixed cinnamon and sugar. Draw dough up around apple to cover. Moisten edges of dough with cold water or milk and fold so that corners will meet in center. Place in greased tin, adding a tiny bit of hot water and bake in a hot oven until crust is set, then cook slowly until fruit is done. Serve with cream and sugar or lemon sauce.

LEMON SAUCE

One third cup sugar
One third cup flour
2 cups boiling water
3 teaspoons butter
Grated rind and juice of 1 lemon

Mix sugar and flour; add boiling water and lemon rind and boil five minutes. Remove from fire, strain, add butter and lemon juice.

Use this same recipe for VANILLA SAUCE, substituting 1½ teaspoons vanilla for the lemon juice and rind. Always keep in mind that the quantity of vanilla to be used depends on whether the flavoring extract you are using is **pure** vanilla or **artificial**. If it is artificial, then more is required.

CIDER APPLE PIE

1 pie shell and extra strips of pastry
6 medium-sized, tart New Brunswick apples
½ cup sugar
⅛ teaspoon salt
1 teaspoon melted butter
½ teaspoon of ground nutmeg or
½ teaspoon ground cloves or
½ teaspoon cinnamon. (i.e. ½ teaspoon of whichever spice is preferred)
1 teaspoon lemon juice
Cider to cover apples

Peel apples, core and cut in eighths. Place apples in a stew kettle and cover with cider. Cook slowly until soft, about half an hour. Remove from stove, add sugar and spices, melted butter, lemon juice, and if the filling does not seem thick enough, a little flour. Pour into a pie shell which has already been baked for about five minutes. Cover with strips of dough cut lattice style and bake for 10 minutes in a hot oven (450 degrees F.) then reduce heat and continue to bake until cooked, usually about 25 minutes in a moderate oven.

APPLE MUFFINS

1 cup graham flour
1 cup white flour
4 teaspoons baking powder
2 Tablespoons shortening
2 Tablespoons sugar
1 egg
¾ cup milk
1 cup finely chopped New Brunswick apples

Sift dry ingredients together twice. Make a hole in the centre of dry ingredients and add the beaten egg and milk which have been mixed together. Add chopped apples and melted shortening. Fill greased muffin tins half full and bake in a moderate oven about 25 minutes.

APPLE DELIGHT

Cook apples according to directions given for New Brunswick Apple Sauce and just before serving fold in the stiffly beaten whites of 2 eggs. Children clamor for second helpings of this delicious "White Apple Sauce" as they call it. The egg yolks may be used for Custard Sauce, made thick, and colored with one drop of pink fruit coloring, to top the Apple Delight.

CUSTARD SAUCE

2 egg yolks
¾ cup milk
2 Tablespoons sugar
Flavoring and salt to taste

Beat egg yolks slightly, add sugar, salt, flavoring and milk. Cook over hot water, stirring until mixture is thick enough to coat spoon.

● **NOTE:** Custards will curdle if overcooked or cooked at too high a temperature. If Custard Sauce should curdle, beat with a dover egg beater.

BAKED APPLE SLICES WITH HONEY

5 New Brunswick apples
Juice 1 lemon
¼ cup honey
1 Tablespoon butter

Peel, core and slice apples. Arrange in buttered baking dish. Add lemon juice and honey. Dot with butter. Bake in moderate oven about 30 minutes or until apples are tender.

JELLIED APPLE SAUCE

1 Tablespoon granulated gelatin
¼ cup cold water
2½ cups apple sauce, put through a coarse sieve
½ lemon
¼ cup sugar
Salt, a few grains
Nutmeg to taste

Soften gelatin in cold water. Heat apple sauce to boiling point with grated lemon rind, sugar, salt and nutmeg. Add softened gelatin and stir until dissolved. Add lemon juice. Chill until set.

APPLE BETTY WITH CRANBERRY HARD SAUCE

1 cup dried bread crumbs, rolled
¼ cup melted butter
1 teaspoon cinnamon
Few grains salt
1 cup brown sugar
3 cups tart New Brunswick apples, finely diced

Mix crumbs, butter, cinnamon, salt and sugar. Butter a baking dish and in it place alternate layers of crumb mixture and apples, with crumb mixture on top. Bake in moderate oven for 40 minutes. Serve hot with Cranberry Hard Sauce.

CRANBERRY HARD SAUCE

¼ cup cranberries
1 Tablespoon sugar
2 Tablespoons butter
Few drops orange extract
Few grains salt
1 cup confectioners' sugar

Chop cranberries, add sugar, let stand half an hour or longer. Cream butter, add extract and salt. Add sugar gradually. Add cranberry mixture and beat until light and fluffy.

BAKED APPLES WITH BANANA STUFFING

4 large New Brunswick apples
1 banana
¾ cup sugar
2 Tablespoons butter
Juice 1 lemon
Juice 1 orange
2 Tablespoons water

Wash and core apples. Peel banana and cut in quarters. Put a piece of banana in center of each apple. Place in baking dish; sprinkle with sugar, dot with butter and add fruit juices and water. Bake 50 to 60 minutes in a moderate oven, basting frequently. Serve either hot or cold.

NEW BRUNSWICK BLUEBERRIES

Both the New Brunswick climate and soil are ideally adapted to blueberry culture and there are literally hundreds of miles of blueberry plains, which because they have been burned over, produce an especially fine variety of this delicious and nutritious fruit. The wild berry of this Province has practically no seeds and is large, tasty and juicy. As this small fruit contains both vitamins and valuable mineral salts, it should be used liberally in family diets. Besides it isn't fair to deprive any human being of the sort of memories furnished by deep dish blueberry pie with cream slowly seeping through its blue juice! Such memories are every one's inalienable right.

DEEP DISH BLUEBERRY PIE

Cook in a deep earthenware plate without an under crust.

- 2½ cups blueberries
- Flour
- 3 Tablespoons molasses
- 5 Tablespoons sugar
- ⅛ teaspoon salt
- Pastry

Put berries in dish; dredge with flour; add molasses mixed with sugar and salt. Cover with pastry and bake 45 to 50 minutes in a moderate oven. Serve warm with whipped cream.

BLUEBERRY GRUNT

- 2 cups blueberries
- ¾ cup water
- ½ cup sugar
- 1½ cups flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 1 Tablespoon butter
- ½ cup milk

Cook the berries in the water and when soft add sugar and cook for five minutes. Sift the flour, baking powder and salt into a bowl and work in the butter with the finger tips. Add milk enough to make a soft dough. Use a dish or mould with a tight-fitting cover. Fit on the cover and put in a kettle of boiling water. Allow the water to come within one inch of top of mould. Steam for 1 hour, keeping water at boiling point all the time. Serve hot with Nutmeg Sauce.

NUTMEG SAUCE

- 1 Tablespoon flour
- 1 cup sugar
- 2 cups boiling water
- 1 Tablespoon butter
- ½ teaspoon grated nutmeg
- ⅛ teaspoon salt

Mix the sugar, flour and salt. Add boiling water gradually, stirring all the time. Add butter and cook for 5 minutes. Take off fire and stir in the nutmeg.

BLUEBERRY PANCAKES

1 cup flour
1 egg, well beaten
1 Tablespoon butter
¾ cup milk
½ cup blueberries
3 teaspoons baking powder

Sift the flour into a bowl. Stir into this the milk and add the well-beaten egg. Then add the blueberries and the 3 teaspoons of baking powder. Heat the butter in a frying pan. Make the cakes about six inches across. Dust with powdered sugar and eat hot. When serving these pancakes for dessert, it is a good idea to use two griddles and so cook twice as many at once. Double this recipe if there are pancake-hungry children in the family!

BLUEBERRY JELLY

2 Tablespoons granulated gelatine
½ cup cold water
1 scant cup boiling water
1 cup blueberry juice strained from canned blueberries
½ cup sugar
2 Tablespoons lemon juice

Soak gelatine for 5 minutes in cold water; dissolve in boiling water; strain and add to blueberry juice to which sugar and lemon juice have been added. Turn into mould and chill. Serve with cream, either plain or whipped. Plan to make this dessert several hours, or the day, before needed.

BLUEBERRY BETTY

3 cups blueberries
¾ cup sugar
⅛ teaspoon salt
½ teaspoon lemon juice
Nutmeg
French toast
1 cup cream, whipped

Cook berries. sugar, salt and lemon juice for 10 minutes. Pour into shallow baking dish and put slices of French Toast on top. Sprinkle with powdered sugar and nutmeg and bake in a quick oven (425 degrees F) about 25 minutes. Serve with whipped cream.

FRENCH TOAST

1 egg, slightly beaten
½ cup milk
¼ teaspoon salt
3 slices bread, ¾ inch thick cut in triangles

Mix egg, milk and salt. Dip slices of bread in this mixture and fry in deep fat (390 degrees F.) 2 minutes. Drain on unglazed paper. If preferred, bread slices may be cooked in hot fat on griddle instead of fried in deep fat.

BLUEBERRY AND APPLE CONSERVE

1 pint blueberries
1 pint tart apples, diced
3 cups sugar
Juice 1 lemon
Grated rind ½ lemon

Mix all ingredients together; and cook until thick and clear. Put in small jars. Memba Seal is excellent for sealing jars.

BLUEBERRY PUDDING

1 quart of blueberries
1 cup sugar
½ cup water

Cook these three ingredients until berries are soft. Then drop on top of them, the following batter:

1 egg, well-beaten, to which is added 3 Tablespoons melted butter. Beat well. Add ½ cup milk, ½ cup sugar, 1 cup of sifted flour. Being careful to beat mixture well as each ingredient is added. Cover the kettle closely. Cook gently for 20 minutes without raising cover but being careful not to burn on the bottom. Serve with hard sauce.

HARD SAUCE

One third cup butter
1 cup powdered sugar
¼ teaspoon lemon extract
1 teaspoon vanilla extract

Cream the butter; add sugar gradually and then the flavoring. Brown sugar or grated maple sugar, used in this recipe instead of powdered sugar, is delicious. If powdered sugar is used, the flavoring may be strong coffee, caramel or crushed fruit instead of lemon and vanilla.

BLUEBERRY ICE

1 pint New Brunswick Blueberries, already sweetened
1 cup sugar
½ Tablespoon gelatine soaked in ½ cup cold water
1 cup boiling water
6 Tablespoons lemon juice
2 egg whites, beaten

Strain blueberries; add water to juice so as to make 1½ cups of juice; soak gelatine in cold water, add boiling water, sugar, lemon and blueberry juice. Stir in beaten egg whites and freeze. If frozen in a mechanical refrigerator, this dessert should be stirred at hour intervals. (The egg yolks may be scrambled with milk or used up in making a custard or a salad dressing.)

NEW BRUNSWICK STRAWBERRIES

New Brunswick strawberries, both wild and cultivated, are famous wherever they are known. Jars of the sweet-savored little wild berries "done up" the old fashioned way are favorite gifts from New Brunswick homes to the folks who have gone from here to live farther west or south.

Though the wild berries are still very plentiful, strawberry cultivation is a rapidly growing industry. Full-flavored New Brunswick berries are in great demand in the markets of Quebec, Ontario and the Eastern States where they are shipped after local seasons in these warmer climates are over. This demand is being supplied on an ever-increasing scale because of the success which growers in this vicinity are having with the variety of vine that bears up to late September.

Strawberries are not, however, an easy crop to raise and it is not an unusual sight on a night when frost is feared to see the farmer's wife rushing out to the strawberry patch to cover up the precious plants with newspapers, flour bags, old sheets and tablecloths or whatever else she can lay her hands on. There's a real reward, however, to be gained in successful strawberry cultivation. Its addicts tell us that it is more than a mere money-making occupation—that it is good for the soul as well! At any rate try New Brunswick strawberries in the following soul-satisfying recipes:

OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups flour
4 teaspoons baking powder
¼ teaspoon salt
3 teaspoons sugar
¾ cup milk
¼ cup butter

Mix and sift dry ingredients twice; work in butter with tips of fingers and add liquid gradually. Toss on floured board. Divide in two parts, pat, roll out and bake about 15 minutes in buttered round layer cake tins. Spread with butter. Hull, cut up and sweeten strawberries to taste. Crush slightly and put on back of stove to warm. Save out largest whole berries to garnish top. Spread berries in between and on top of cakes. Cover top with whipped cream and garnish with whole berries.

STRAWBERRY FROZEN PUDDING

1 cup strawberry jam
Pinch of salt
4 Tablespoons milk
1 egg white, unbeaten
¾ cup heavy cream

Beat jam until soft and smooth. Mix egg white, salt, milk and cream and beat with rotary egg beater until stiff. Add jam and mix thoroughly. Turn into mould; cover with waxed paper, press cover down tightly and pack in equal parts ice and salt. Let stand at least 4 hours before serving. If you have a mechanical refrigerator, place in freezing tray and let stand 4 hours, stirring at hour intervals.

STRAWBERRY SAUCE

One third cup butter
¾ cup sugar
1 egg
1¾ cups flour
2 teaspoons baking powder
½ cup milk
⅛ teaspoon salt
1 teaspoon vanilla

Cream butter and add sugar gradually. Beat well. Add well-beaten egg and mix thoroughly. Sift flour, salt and baking powder together twice and then add these dry ingredients, alternately with the miik, beating after each addition. Add the flavoring. Pour into well-buttered cake pan and bake in a moderate oven (350 degrees F.) for about 25 minutes. Cool slightly; cut in squares and serve with Strawberry Sauce.

STRAWBERRY PUDDING

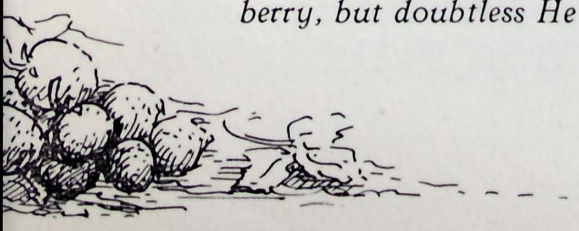
⅓ cup butter
1 cup powdered sugar
White of one egg, beaten stiff
2 cups of mashed fresh strawberries

Cream the butter, add powdered sugar gradually. Fold in the beaten egg white; add the crushed berries and mix lightly.

OLD-FASHIONED STRAWBERRY JAM

Either wild or cultivated berries may be used.
Remove the hulls from berries. Wash and measure them. Mash and boil 5 minutes. Add an equal measure of sugar. Boil 5 minutes. Pour into hot, sterilized glasses. Seal with Memba Seal. You'll find Memba Seal convenient and efficient.

"Doubtless God could have made a better berry, but doubtless He never did."



NEW BRUNSWICK RHUBARB

In one European country it has taken big-time propaganda to popularize native rhubarb. Just listen to this ferocious attack on the alien lemon:

> "Farewell lemon, we need thee not! Our native rhubarb will take thy place fully and entirely. He is so unpretending that we overlooked and despised him, busy with infatuation for foreign things. In all our shires we can have him in masses, the whole year round. We get him almost for nothing; his tartness will season our salads and vegetable dishes. Slightly sweetened he provides us with delicious refreshment, and, what is more, he is a blood-purifying and medicinal agent true to native type. Let us make good with native rhubarb the sins we have committed with the alien lemon!"

No detail is too small for the dictators! But fortunately for us, we're living in a democracy where we can still eat rhubarb for no other reason than because we like it—eat it, too, without being deprived of our lemon pie!

RHUBARB SAUCE CAKE

1 cup brown sugar
½ cup butter
2 eggs
½ teaspoon cinnamon
⅛ teaspoon cloves
¼ teaspoon nutmeg
1½ cups cold, sweetened rhubarb sauce (apple sauce or any other cooked fruit may be substituted instead of rhubarb).
1 cup raisins (floured)
2 cups flour
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon soda, mixed in sauce

Cream the butter, add the sugar and beaten eggs, the flour mixed and sifted with the spices, baking powder and salt, the raisins and the rhubarb sauce. Bake in a moderate oven. Chopped mixed peel may be added to this cake, also a small amount of pineapple juice for additional flavoring.

● **NOTE:** In all rhubarb dishes, a dash of pineapple juice helps bring out flavor.

STEWED FIGS AND RHUBARB

1 pound rhubarb
¼ pound dried figs
½ cup sugar
2 slices lemon
½ cup water

Wash and slice rhubarb. Cut figs in narrow strips. Mix all ingredients together and cook in double boiler until tender. Chill before serving. Cooking takes about 30 minutes.

RHUBARB PIE

1 quart raw rhubarb
Yolks of two eggs
1 Tablespoon sugar
Whites of 2 eggs
1 cup sugar
A little of water in which rhubarb was cooked

Cut up rhubarb, put on with very small amount of water and cook for few minutes. Drain water off. Save this water. Beat yolks of eggs, add a little of the rhubarb water to egg yolks. Sprinkle 1 cup sugar over the rhubarb. Put rhubarb in pie plate lined with pastry, pour the egg yolk mixture over the rhubarb and sugar mixture. Beat the whites of eggs until stiff, add 1 Tablespoon sugar, and spread over the pie. Brown in oven. The pie shell should be **baked before** the rhubarb is put into it.

RHUBARB RELISH

7 pounds rhubarb, cut in 1 inch pieces
3 pounds brown sugar
2 cups vinegar
1 teaspoon salt
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon allspice
Onions, if desired

Boil all together until soft.

● **NOTE:** New Brunswick gardeners frequently dig up clumps of rhubarb roots in the late fall—leave them out to freeze for a period of two weeks—then plant them, water well, and put them in the cellar as near as possible to a window. Rhubarb taken care of this way will grow; and may be eaten fresh during the winter season. The plants must be kept well watered as rhubarb requires a good deal of moisture.

RHUBARB BREAD AND BUTTER PUDDING

Butter six slices of bread on the loaf before cutting thin and removing crusts. Line a buttered baking dish with the buttered side of the bread toward the dish. Dice 1 pound rhubarb and mix with 1 cup sugar. Put this into the dish and pour over it ¼ cup pineapple or orange juice. Cover with remaining bread slices and bake in a moderate oven 45 minutes. Serve hot or cold.

RHUBARB SAUCE

Wash and slice rhubarb in one inch slices. Put in a saucepan and sprinkle generously with sugar. Add just enough water to keep from burning; cook until soft. Very little water is required because rhubarb contains so much. If **baked** slowly for a long time, rhubarb has a rich red color. Rhubarb sauce may also be made in a double boiler in which case, no water need be added to the rhubarb and sugar.

RHUBARB AND APPLE BETTY

2 cups soft bread crumbs
4 Tablespoons melted butter
1 cup brown sugar
3 apples
1½ cups rhubarb (raw)
Juice and grated rind of half lemon

Combine crumbs, butter and sugar. Put a layer of crumbs in buttered baking dish, then a layer of sliced apple. Add lemon juice and grated rind to rhubarb. Then spread layer of rhubarb over apples. Repeat until dish is full. Top with crumbs. Bake 30 to 40 minutes in moderate oven (375 degrees F.)

RHUBARB MARMALADE

4 pounds rhubarb
5 pounds sugar
1 pound seeded raisins
1 lemon, rind only
2 oranges, juice only
½ teaspoon cloves
1 teaspoon cinnamon

Wash rhubarb and cut into 1 inch pieces. Cover with sugar and let stand overnight. Add remaining ingredients. Place on stove and bring to boil. Reduce heat and simmer about 45 minutes or until mixture gets thick. Stir frequently to prevent burning. Pour into sterilized glasses, cool and seal with Memba Seal.

Not satisfied with including lemon juice and rind in some of our rhubarb recipes, we deliberately show what we think of dictators by including, here and now, a fine old recipe for:

LEMON PIE

2 Tablespoons corn-starch
2 Tablespoons flour
¾ cup sugar
¾ cup boiling water
2 egg yolks
Juice and grated rind of one lemon
1 teaspoon butter
Whites 2 eggs
2 Tablespoons powdered sugar
1½ teaspoons lemon juice

Mix corn-starch, sugar and flour; add boiling water, stirring constantly. Cook 2 minutes, add butter, egg yolks, rind and juice of lemon (saving out enough juice to flavor meringue to top pie). Line pie plate with paste and build up a fluted rim. Turn in mixture which has been cooled and bake until pastry is well browned. Cool slightly and cover with meringue, made by adding powdered sugar to stiffly beaten egg whites, then adding the flavoring. Decorate top of pie with meringue and return to oven to brown.

NEW BRUNSWICK'S SWEET SYMPHONIES

MAPLE SYRUP AND MAPLE SUGAR

"This week we will picnic among the maples and our camp-fire shall be an incense to spring."

It is the sunny days of spring alternating with its frosty nights that set the sap running in the maples on New Brunswick hardwood ridges. Here, when the robins are just arriving and the squirrels are venturing out to get their share of the sweet sap, the first farm work of the year commences with the boiling down of the maple sap and the subsequent "sugaring-off" on the snow. Who can blame the Irishman who enjoyed sugar making so much that he said he would do nothing else the whole year round! However, with a few gallons of fine New Brunswick maple syrup stored away in the cellar, it's actually possible for anybody to enjoy the following delicacies, not only in the maple sap season, but all year.

MAPLE SYRUP AND NUT PIE

1 cup maple syrup
1 cup water
¾ cup flour
½ cup chopped nuts

Put maple syrup and water in double boiler. Let come to boil and when boiling add flour which has been mixed with water to a smooth paste. Beat with egg beater to get rid of all lumps. Stir until thick; add chopped nuts. Fill pie crust and bake. Cover top of pie with whipped cream. (Use lower pie crust only.)

MAPLE SUGAR COOKIES

¾ cup crushed maple sugar
1 cup granulated sugar
1 cup butter
2 eggs
2 teaspoons baking powder
4 cups flour
2 Tablespoons water

Cream the butter and add the sugars gradually. Add the well-beaten eggs and water. Sift the flour and baking powder together and add to the first mixture. Add more flour if necessary. Have dough soft enough to handle. Chill slightly. Roll out thin on floured board and cut with cookie cutters. Bake in a quick oven (450 degrees F.) for about ten minutes.

MAPLE SAUCE

2 egg yolks
½ cup whipped cream
Two-thirds cup maple syrup
⅛ teaspoon salt

Heat maple syrup. Beat egg yolks well and pour hot maple syrup over them. Cook in double boiler until of consistency of thin custard. When cold, add salt and whipped cream and serve at once. May be served as a dessert in sauce dishes or used as a sauce for puddings.

MAPLE SYRUP PUDDING

1½ Tablespoons gelatin
¼ cup cold water
2 egg whites
2 cups heavy cream
1 cup maple syrup

Soak gelatin in cold water. Boil maple syrup until it threads; add gelatin mixture and stir until dissolved. Beat egg whites until stiff, then add the syrup slowly and continue beating. Put in cold place and when partially set, fold in the heavy cream which has been beaten stiff.

MAPLE SYRUP GINGERBREAD

1 cup maple syrup
1 cup sour cream
1 egg
2¾ cups flour
1¾ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
4 Tablespoons melted butter

Mix maple syrup, cream and egg, well-beaten. Sift all the dry ingredients together and stir into the liquid. Beat well. Add melted butter and beat again. Pour into well-buttered oblong baking pan and bake in a moderate oven (350 degrees F.) for about half an hour.

MAPLE SUGAR BREAD

2 eggs
1 cup milk
4 teaspoons baking powder
2 cups flour
½ teaspoon salt
1 cup maple sugar
2 Tablespoons butter

Heat two buttered shallow pans. Beat the whites of the eggs stiff; add the yolks and beat again. Sift the flour, baking powder and salt together. Add the milk alternately with the dry ingredients to the eggs, beating hard between each addition. Crush the maple sugar and stir into the batter. Add the melted butter. Bake 20 minutes or until cooked through in a moderate oven, in the buttered shallow pans which have been heating.

MAPLE SUGAR FROSTING

1 pound soft maple sugar
½ cup boiling water
Whites 2 eggs

Break sugar into pieces, put in pan with boiling water, and stir occasionally until sugar is dissolved thoroughly. Boil without stirring until syrup will thread when dropped from tip of fork. Pour syrup gradually on beaten egg whites, beating constantly and keep beating until frosting is of right consistency to spread.

MAPLE CANDY

1 cup maple sugar
1 cup light brown sugar
¼ cup corn syrup
4 drops vanilla
¼ teaspoon cream of tartar
½ cup water
½ cup chopped raisins
½ cup walnut meats
2 egg whites

Place sugars, water, syrup and cream of tartar in saucepan and boil for a few moments. Add chopped nuts and raisins. Boil until soft ball is formed when bit of mixture is dropped in water. Flavor with vanilla and pour over stiffly beaten egg whites. Beat until light. Drop from a spoon on waxed paper, placing a raisin on top of each piece.

THE FISHERIES OF NEW BRUNSWICK

"The farmer has his rent to pay,
And seed to buy, I've heard him say,
But we who plough the Atlantic deep,
Though never sowing always reap
The Harvest that to all is free,
And Shediac Light is home to me."
Old Sea Chantey Adapted

Lavish in her gifts to New Brunswick, Nature has provided this Province with more than six hundred miles of coastline, where from the cool waters of the North Atlantic, come some of the finest-flavored, firmest-fleshed fish in the world. The many tidal rivers, emptying into bays or estuaries, furnish rich feeding grounds and ideal breeding places for a great variety of fish and shell fish. While our vast rivers and thousands of inland lakes, well stocked and kept replenished by an alert Department of Fisheries, are veritably the angler's and the gourmet's paradise.

The flavor of such well-known New Brunswick fish as salmon, smelts, sardines, shad, oysters, lobster and sea trout, is unexcelled. And it would be difficult to over-estimate the health giving food value of all New Brunswick sea foods as they are rich sources of the essential vitamins; and contain, in addition, generous amounts of a variety of mineral salts, including the goitre-preventing iodine, the phosphorus and calcium necessary for building strong bones and teeth, and the iron and copper which prevent aenemia. Try these "Swimming Mines" cooked the native way. You'll find them sources of abundant health and increased enjoyment of life!

"Cold white churches on hill-tops;
The fisherman's cottage set
On the beach above his dory
And his drying herring net."
—Grace Tompkinson.

MENU FOR NEW BRUNSWICK SHORE DINNER

Steamed Clams With Broth
Broiled Live New Brunswick Lobster
New Brunswick Potatoes, French Fried
Buttered Native Peas
Tomato and Cucumber Salad, French Dressing
Clover Leaf Rolls
Blueberry Ice
Coffee

(All recipes for above dishes given in this New Brunswick Cook Book)

BROILED LOBSTER

Parboil lobsters for 5 minutes by plunging them head first in boiling salted water (2 Tablespoons salt to every quart of water). Cool until can be handled; then split lobster down the back. Remove intestinal vein running through the middle; and the stomach, which is a hard little sack, near the head. Either leave the coral and the liver, which is the greenish substance, or remove them and save to make a sauce. Rub lobsters with butter; and place under broiler, shell side toward the flame. Broil for 8 minutes; Turn flesh side under flame and broil for 12 minutes. Serve with melted butter; or if you have removed the coral and liver, make a sauce thus: Melt 5 Tablespoons butter, add the juice of one lemon, ½ teaspoon Worcestershire Sauce and the chopped liver and coral.

LOBSTER THERMIDOR

Remove the boiled meat from freshly boiled lobster. Remove meat from claws as well as body. Clean out the body cavity and repack it with the pieces of lobster meat cut in half inch pieces. Never mince lobster as it loses its character and taste. Make a medium thick white sauce (melt 2 Tablespoons butter, add 2 Tablespoons flour, ½ teaspoon salt, white pepper to season. Into this mixture, pour 1 cup heated milk and cook together until flour thickens.) Flavor this sauce with onion juice and mustard to taste and then pour it into the shell over the cut-up lobster. Sprinkle grated cheese mixed with bread crumbs on top and bake in a hot oven (450 degrees F.) for about 7 minutes. Serve one half a large lobster or a whole small one to a portion.

LOBSTER NEWBURG

Cut up pieces of freshly boiled lobster. Melt butter in the top of a double boiler; add lobster and pinches of cayenne pepper, salt and sugar. Carefully stir in enough cream (scant cup to each medium sized lobster) which has been mixed with the yolks of 2 raw eggs (two to each cupful of cream), add a wineglass of sherry; stir until mixture begins to thicken; serve on squares of toast. Delicious!

JIFFY LOBSTER

Cut up pieces of freshly boiled lobster; heat in melted butter seasoned with salt and red and black pepper. Serve on toast. Very good!

LOBSTER SALAD

Lobster salad is very easy to make. Simply cut up freshly boiled lobster, mix with Mayonnaise, dust with paprika and arrange on lettuce. Decorate with lobster claws—to show that it really is that impressive delicacy—fresh New Brunswick Lobster.

MAYONNAISE DRESSING

A Mayonnaise dressing is one in which the oil is made into an emulsion when mixed with raw egg yolk. Olive oil is the preferred oil to use. Mayonnaise makes a thick, rich, colorful dressing which goes well with cold meats, fish and especially well, with lobster.

2 egg yolks
Lemon juice
1 pint olive oil
Paprika, salt, white pepper

Beat the egg yolks; then add the oil at first drop by drop, beating all the time; then in a tiny stream with continuous beating. When the dressing begins to thicken, add a dash of lemon juice from time to time, thus keeping it at the proper consistency. The seasonings may be added at any time and to taste. For use with cold meats, chicken, etc. add mustard to this dressing. For **Russian Dressing,** add an equal quantity or less if preferred, of Chili Sauce to the mayonnaise. For **Sauce Tartare,** add chopped up pickles or capers.

FRENCH DRESSING

Serve French Dressing on salads to be served as a course. Use Mayonnaise on those which make the main course of a meal. This French Dressing is used on the Tomato and Cucumber Salad included in the menu for a New Brunswick Shore Dinner given above.

1 part vinegar to 3 or 4 parts olive oil
¼ teaspoon pepper (red and black mixed) to a pint of dressing
½ teaspoon sugar to a pint of dressing.
¾ teaspoon salt to a pint of dressing
Onion juice to taste, if desired.

Shake these ingredients together thoroughly in a covered Mason jar. A good idea is to prepare as much as a quart at a time, keeping it in the refrigerator in the Mason jar. When you need French Dressing it is then yours at the shake of a bottle. Why not?

"Come, little maiden, buy one!
Buy,
And you may suck his claws—
all dry!"

STEAMED CLAMS

Wash the clams in several waters and scrub with a brush to remove all sand. Place in a large kettle and put in just enough boiling water to start the steam (about 1 cup for 50 clams.) Cover the kettle and place over very slow fire. Steam until shells pop open—usually about 15 minutes. Serve with melted butter to which a few drops of lemon juice have been added.

CLAM BOUILLON

Strain the liquor left in the pot after clams have been steamed. Add a little melted butter—about 1 teaspoon for every quart of clams. Serve hot in bouillon cups, adding 2 teaspoons of salted whipped cream to "top off" each cup. If the steamed clams are secondary in importance to the Clam Bouillon, then add **cold** water, and more of it, to the clams, instead of the small amount of boiling water given in the recipe above, before steaming them. And after steaming them, open the clams all the way so as to get out all the juice.

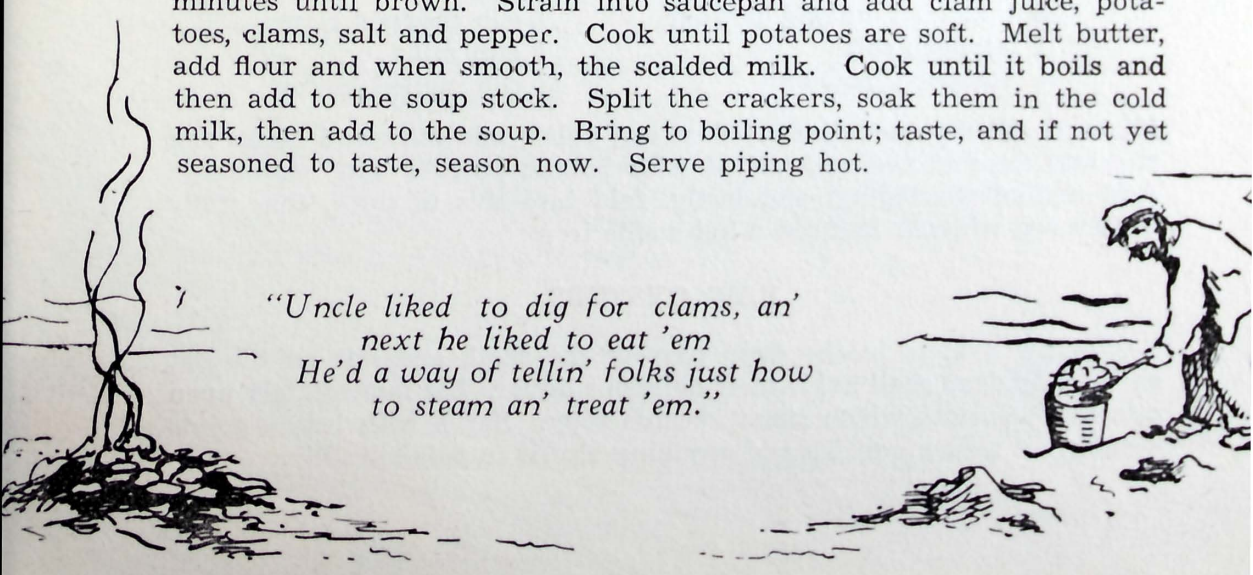
CLAM JUICE COCKTAIL

Strain the liquor from steamed clams. Chill thoroughly. Season to taste, adding a little lemon juice. Pour in glasses and serve cold.

CLAM CHOWDER

2 cups clam broth
1 inch cube fat salt pork, diced
3 sliced onions
2 cups potatoes, diced
1 teaspoon salt
¼ teaspoon pepper
1 pint clams, washed and the hard parts chopped fine
2 Tablespoons butter
2 Tablespoons flour
2 cups scalded milk
1 cup cold milk
6 large crackers

Try out the fat pork in the frying pan with the onions and cook for 5 minutes until brown. Strain into saucepan and add clam juice, potatoes, clams, salt and pepper. Cook until potatoes are soft. Melt butter, add flour and when smooth, the scalded milk. Cook until it boils and then add to the soup stock. Split the crackers, soak them in the cold milk, then add to the soup. Bring to boiling point; taste, and if not yet seasoned to taste, season now. Serve piping hot.



"Uncle liked to dig for clams, an'
next he liked to eat 'em
He'd a way of tellin' folks just how
to steam an' treat 'em."

STUFFED QUAHAUGS (Hard Shelled Clams)

24 quahaugs
3 fresh mushrooms, chopped fine
2 slices cooked bacon, chopped fine
1 teaspoon minced parsley
Bread crumbs
Salt and pepper

Remove clams from shells. Scrub shells well and then sterilize them by pouring boiling water over them. Chop the clams and mix with bacon, parsley and seasonings. Add enough bread crumbs to make of proper consistency so that mixture will hold shape in shells. Mix thoroughly and fill the clam shells. Sprinkle with bread crumbs and dot each one with butter. Bake in a moderate oven (350 degrees F.) until brown—about 13 minutes.

QUAHAUG PIE

Slices of salt pork
Water in which quahaugs have been steamed—strained
2 cups chopped quahaugs
Little flour to thicken
Pork scraps

Try out slices of salt pork, which have been cut into tiny squares, until they are brown. Take out these squares; thicken the fat left in the pan with enough flour; add pepper and pork scraps. Cook slightly and use as filling to be baked between two pie crusts. Make pie crust according to recipe given on pages 11 and 12. Avoid making this pie too salty.

QUAHAUGS ON THE HALF SHELL

Scrub carefully. Open and serve on the half shell. Delicious without added seasoning.

CLAM WAFFLES

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
⅛ teaspoon pepper
2 eggs
1 cup chopped clams
1 cup milk
½ cup melted butter

Mix and sift dry ingredients. Beat egg yolks; add milk and clams and stir into flour mixed and sifted with baking powder and seasonings. Add melted shortening and lastly, fold into this mixture, the stiffly beaten egg whites. Bake in a hot waffle iron.

RAW OYSTERS

Serve raw oysters in the **deep** part of the shell, and not on the flat shell. The deep shell holds their delicious liquor. Eat immediately upon opening. Oysters which stand become ropy. Serve with lemon points —sufficient seasoning. To add anything else is to paint the lily.

OYSTER STEW

1 quart oysters
1 quart liquid, oyster liquor and milk or cream
¼ cup butter
Salt and pepper (black and red mixed)
A garnish of paprika

Oyster crackers in the stew or served separately, if preferred

Heat the liquid in double boiler; heat the oysters in their own liquor; add the melted butter and heat thoroughly. Never **cook** oysters, a heating through is all they can "take".

CREAMED OYSTERS

3 Tablespoons butter
3 Tablespoons flour
1½ cups milk or milk and cream mixed
Salt, pepper, mace
1 pint oysters

Make a white sauce of butter, flour and milk and season with salt, pepper, and a few grains of mace to taste. Heat the oysters, without added liquid, simply until the edges begin to curl. Add the oysters to the sauce, heat just to simmering point and serve immediately on squares of toast.

OYSTER STUFFING

Try this stuffing and you'll agree that it's not fine feathers, but fine stuffing, that makes fine birds!

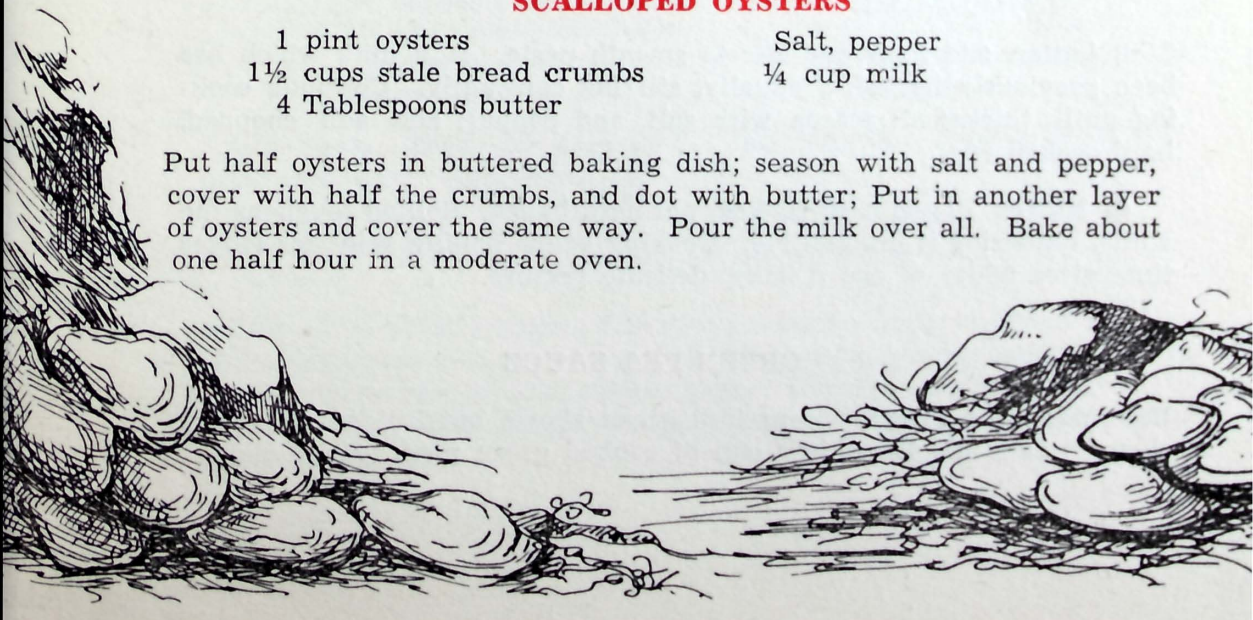
¾ cup butter
2 Tablespoons chopped onion
¼ cup chopped parsley
1 cup chopped celery
4 cups soft bread crumbs
1 pint oysters
Salt, pepper, to taste

Melt the butter and cook the onion, parsley and celery in it for a few minutes. Add the bread crumbs, heat through. Add the chopped oysters and the seasonings.

SCALLOPED OYSTERS

1 pint oysters
1½ cups stale bread crumbs
4 Tablespoons butter
Salt, pepper
¼ cup milk

Put half oysters in buttered baking dish; season with salt and pepper, cover with half the crumbs, and dot with butter; Put in another layer of oysters and cover the same way. Pour the milk over all. Bake about one half hour in a moderate oven.



OYSTER PIE

3 Tablespoons butter
3 Tablespoons flour
1½ cups milk
1 pint oysters
½ cup chopped celery
Salt, pepper, few grains mace
Pastry

Make a white sauce of butter, flour and milk, add the oysters and celery and seasonings. Turn into buttered baking dish. Cover with pastry and bake in a hot oven (400 degrees F.) about 25 minutes or until pastry is done.

STEAMED SALMON

New Brunswick cooks are agreed that salmon loses less flavor if steamed rather than boiled. And as no part of its inimitable goodness should be allowed to escape, here's how to steam it:
Wrap thick piece of salmon in cheesecloth or parchment paper. Place on a rack in a steamer and steam until the meat separates from the bones. Usually 10 to 15 minutes per pound is required.

If you must boil it, however, here's how:

BOILED SALMON

Wrap in cheesecloth or parchment paper. Use enough water to cover the fish; add 1 teaspoon salt and 1 Tablespoon vinegar or lemon juice to every two quarts of water. Bring water quickly to boiling point; at end of five minutes, reduce temperature and simmer gently until flesh separates from the bone. Do not boil hard. Allow 6 to 10 minutes per pound according to thickness.

SAUCE TO BE SERVED WITH STEAMED OR BOILED SALMON

2 Tablespoons butter
2 Tablespoons flour
¼ teaspoon salt
1 cup milk
White pepper to season
Hard-cooked egg

Melt butter, add flour and stir to smooth paste. Add milk which has been previously heated, gradually, stirring constantly. Continue cooking until thickened; season with salt and pepper; and add chopped, hard-cooked egg.

● **NOTE:** Egg is hard **cooked,** not hard boiled. Boiling toughens the white, rendering it indigestible. Cooking below boiling point for longer time gives white of egg a flaky, delicate texture.

GREEN PEA SAUCE

Use same recipe for sauce as that given above, but instead of adding chopped egg, add two-thirds cup of cooked green peas.

ASPARAGUS SAUCE

Use same basic recipe, adding this time, two-thirds cup of cooked asparagus tips.

PARSLEY POTATOES

With boiled or steamed salmon, serve Parsley Potatoes which are potatoes, either mashed or boiled, with melted butter to which finely chopped parsley has been added, poured over them.

BROILED SALMON

Salmon slices about 1¼ inches thick
Salt
Pepper
Lemon Juice
Melted Butter

Wipe salmon thoroughly. Broil slowly, basting occasionally while cooking with a little melted butter and turning two or three times during cooking so that both sides may be browned. Season when half cooked and sprinkle the lemon juice over the fish after the cooking is finished. Garnish with parsley and cut lemon. Serve with mashed New Brunswick potatoes and peas in cucumber boats. Tartare Sauce is good with broiled salmon.

PEAS IN CUCUMBER BOATS

3 medium sized cucumbers
Cooked peas
Melted butter
Salt, pepper

Peel the cucumbers rather thickly; cut in halves lengthwise and scoop out the seeds. Cook in boiling salted water until tender, which will be about one half hour. Drain thoroughly and fill with cooked green peas which have been seasoned with melted butter, salt and pepper.

SAUCE TARTARE

4 Tablespoons Mayonnaise Dressing
1 teaspoon capers
1 sweet pickle, minced
1 teaspoon finely minced parsley

Follow recipe given on page 28 for Mayonnaise. Then mix Mayonnaise with other ingredients.

SALMON SALAD SANDWICH

Butter white bread lightly. Flake cold salmon. To 1 cupful of the fish, add 1 teaspoon minced parsley, ½ Tablespoon lemon juice, 2 Tablespoons chow-chow or any tomato pickle, and mayonnaise to blend. In each sandwich place lettuce leaves or tender celery tips or very tender celery leaves.

FRIED SMELTS

Clean smelts. Leave on heads and tails. Sprinkle with salt and pepper and dip in flour, egg, and crumbs. Fry in deep fat. As soon as smelts are put in, lower heat so that fish may cook through before becoming too brown. Smelts should fry in from 3 to 4 minutes. Garnish with lemon points and parsley.

SAUTÉED SMELTS

Clean smelts; leave on heads and tails. Cut several diagonal gashes on each side. Season with salt, pepper, and lemon juice. Cover and let stand 15 minutes. Dip in cream, roll in flour and then sauté in melted butter.

SAUCE FOR SAUTÉED SMELTS

To butter in pan in which smelts were sautéed, add 2 Tablespoons flour, 1 cup milk, 1¼ teaspoons Anchovy Essence and a few drops of lemon juice. Cook until thickens. Just before pouring around smelts, add 1½ Tablespoons butter and 1 teaspoon finely chopped parsley.

TO CLEAN SMELTS

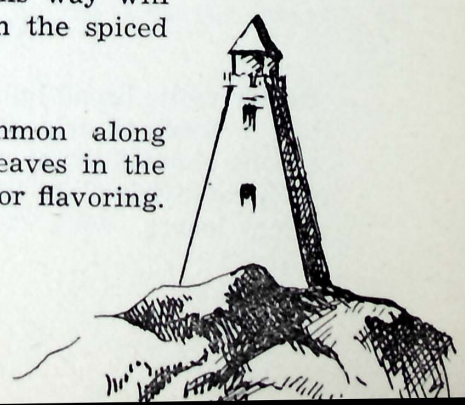
Soak smelts for 15 minutes in warm water. Remove from water, scrape thoroughly, remove dark vein running through body.

PICKLED SMELTS

3 pounds smelts
1 onion
2 or 3 bay leaves
3 cupfuls vinegar
2 Tablespoons mixed spices
A few slices of lemon

Cut heads and tails from smelts. Clean. Lay fish in a greased steamer, one layer at a time, sprinkle with salt and cook over boiling water from 3 to 5 minutes. At the end of this time the flesh of the smelts will have turned white, but will still be firm. Be careful not to cook long enough so that fish will lose firmness. Lay fish as they are steamed in a deep dish. Continue steaming them, one layer at a time, until all are cooked, placing them with the ones first prepared. Boil the vinegar, onion, spices and bay leaves together for 5 minutes and when cold, pour over the fish and add the slices of lemon. Cover and set aside for at least 48 hours before using. Smelts done this way will keep for at least two weeks if kept covered in the spiced vinegar.

● **NOTE:** The bayberry bush is very common along shore roads in New Brunswick. Gather these leaves in the fall; dry thoroughly and keep in a covered tin for flavoring.



BAKED SHAD

Have a shad cleaned and split. Wash thoroughly. Rub with salt inside and out. Stuff and sew. Brush with butter and place in well-buttered baking pan. Shad is an oily-fleshed fish and need not be basted during cooking. Bake in a hot oven (500 degrees F.) for 15 minutes, then reduce temperature to 400 degrees and continue baking from 40 to 50 minutes. Stuff baked shad with bread stuffing.

BREAD STUFFING

4 cups soft bread crumbs
⅛ teaspoon nutmeg
½ teaspoon sage
¼ teaspoon thyme
1 teaspoon salt
Dash of black pepper
½ teaspoon onion juice
1 egg, beaten slightly
¼ cup melted butter

Do not use absolutely fresh bread. Combine crumbs, seasonings. Add egg and butter and toss together lightly until mixed. May be used for poultry or meat as well as fish.

SHAD ROE WITH BACON

2 shad roe
1 Tablespoon butter
¼ pound bacon

Heat 1 Tablespoon butter in frying pan; put in shad roe, brown on each side; turn often. Takes about 15 minutes to cook.
In a second frying pan, cook the bacon. Bacon should be put into a **cold** frying pan.

HOW TO FRESHEN SALT COD

Tastes differ as to the amount of freshening required for salt cod. First of all rinse the fish to remove all outer salt, then put it in plenty of water, raised on a plate so that the salt may drop away from the fish as soon as possible. Leave to soak several hours. Change the water several times during the soaking process. Bring fish to the boiling point, pour off water and repeat process. Never allow fish to actually boil as boiling toughens its fibres. Fish needs to be freshened more for broiling or for frying than it does for boiling, baking in cream or cooking with milk. How long fish must be soaked, how frequently the water need be changed and whether or not it needs to be brought to the boiling point more than once, can only be determined by experiment to meet individual tastes.

SALT COD DINNER

Cut codfish in size for serving. Soak for at least 12 hours, longer if too salty, changing the water several times. Simmer the fish about 20 minutes and serve on the same platter with boiled potatoes and creamed onions.

CODFISH BALLS

3 medium-sized potatoes
1 cup dried codfish
¼ cup milk
1 egg, well beaten

Soak cod for about one hour in cold water. Peel and quarter potatoes. Drain codfish and add to potatoes and cover with fresh cold water. Bring to a boil and cook until tender. Drain and mash. Add beaten egg to milk and mix with fish mixture. Drop by tablespoons into deep hot fat about 375 degrees F. and cook until brown. Drain on unglazed paper to remove excess fat.

CREAMED CODFISH

1 Tablespoon butter, melted
1 Tablespoon flour
1 beaten egg yolk
Pepper to season
1 cup hot milk
1 cup dried codfish
1 hard-cooked egg, sliced

Soak codfish for several hours in cold water; then break up into small shreds. Melt butter, add flour, milk and a little pepper and stir over the fire until boiling. Add codfish and beat well. Add the beaten egg yolk and serve on buttered toast. Garnish with slices of hard cooked egg.

CODFISH CAKES AND BACON

2 cups salt codfish
2 cups hot mashed potatoes
1 Tablespoon butter
1 egg
1 cup milk
½ teaspoon baking powder
⅛ teaspoon pepper
Bacon

Soak the cod in cold water for several hours. Drain and cover with fresh cold water and simmer until fish is tender. Drain. Remove any bones and chop cod. Combine all ingredients except bacon and mix well, beating until light. Cover and let stand for several hours, preferably overnight. In the morning, mould the cakes about one half inch thick—not too thick or it takes too long for them to heat through. Fry 2 strips of bacon for each person to be served. Drain on unglazed paper in a warm place. Fry fish cakes in the bacon fat and serve with the crisp bacon.

BAKED HALIBUT

1 slice of halibut, about two inches thick
Juice of 1 lemon
4 strips of bacon
2 Tablespoons butter
2 onions, sliced
Salt and pepper

Wipe halibut and place in well-greased baking pan, sprinkle with salt and pepper and pour the lemon juice over the fish. Lay on slices of onion, then slices of bacon. Dot with butter. Bake in a hot oven (400 degrees F.) about 40 minutes, basting frequently. Serve with lemon quarters and parsley.

BAKED FINNAN HADDIE

2 cups cooked finnan haddie
2 cups milk
1 cup buttered bread crumbs
1 teaspoon onion, chopped
¼ teaspoon paprika
3 Tablespoons flour
1 Tablespoon green pepper, chopped
1 Tablespoon pimiento, chopped
3 Tablespoons butter
1 teaspoon salt

Cook onion, pepper and pimiento 5 minutes in the butter, stirring all the time. Add salt and paprika, mixed with flour. Gradually add milk, stirring constantly. Bring to boiling point and add fish. Pour into greased baking dish, cover with crumbs and bake in oven until crumbs are brown.

BAKED HADDOCK FILLETS WITH CHEESE SAUCE

1 to 1½ pounds fresh haddock fillets
4 Tablespoons butter
2 cups milk
½ teaspoon salt
4 Tablespoons flour
½ teaspoon dry mustard
¼ teaspoon paprika
⅛ teaspoon pepper
¾ cup grated cheese

Lay the fillets in well-buttered shallow baking dish. Make sauce by melting butter, then blending flour with seasonings and adding milk and cooking until smooth and thick. Add grated cheese and let sauce stand, but not cook, until cheese is melted. Pour this sauce over fish and bake in a moderate oven (350 degrees F.) for about 30 minutes. Turn up heat for last five minutes so that fish may brown well. Cod is also good cooked this way.

PANNED MACKEREL

Cut the mackerel into individual servings. Roll in cracker crumbs which have been mixed with salt and pepper and fry in butter for about 5 minutes on each side. Serve garnished with parsley and lemon points.

BROILED SEA OR BROOK TROUT

Clean the trout. Wash thoroughly and dry. Rub each fish with melted butter. Place on a broiler under a good flame and broil until brown, turning only once. Season with salt and pepper and serve.

FISH HASH

2 cups cold flaked fish
2 cups cold boiled potatoes, diced
1 Tablespoon minced onion
1 egg, beaten
½ teaspoon salt
¼ teaspoon pepper

Combine all these ingredients and fry in tried out salt fat pork until golden brown. Fold and serve like an omelet.

FISH CHOWDER

Turn to recipe for Clam Chowder on page 30 and in place of the pint of clams, use 1 pound of fish cut into small pieces. Either raw or left-over cooked fish may be used. Haddock makes delicious chowder.

QUICK FISH SUPPER

1 cup cooked sea food, flaked
1 Tablespoon butter
1 pint cream or rich milk
1 cup cracker crumbs
Salt and pepper

Put fish in sauce pan with milk. Add butter and seasonings, when hot, add crumbs and serve at once.

BOILED FILLETS WITH ONION SAUCE

Put 1½ pounds of fresh fish fillets (any kind you prefer) in boiling water enough to cover to which has been added 3 Tablespoons vinegar, 2 bay leaves, salt, and one sliced onion. Simmer about 15 minutes, very, very slowly. Take fish out and remove skin, if skin was not already removed.

ONION SAUCE

1 large onion
3 Tablespoons butter
Salt and pepper
2 Tablespoons liquid in which fish was cooked, strained

Cook onion and butter very slowly; when tender, add 2 Tablespoons of liquid. Cook for few minutes and pour over fish.

NEW BRUNSWICK SARDINES

"Stop at a wayside station in Java. Stroll through a native village in Africa. Shop at a bazaar in the far East. Visit the great shops of Auckland, Melbourne, Capetown or Vienna, in every instance you can find New Brunswick Sardines. Everywhere from Scandinavia to Tasmania, these sardines have won their way because of their high quality and low cost."

According to nutritionists there's as much vitamin D in Sardine Oil as in Cod Liver Oil.

Try health-giving sardines served in the following favorite New Brunswick recipes.

SARDINE COCKTAIL

1 can New Brunswick sardines
½ cup tomato catsup
2 teaspoons Worcestershire Sauce
½ teaspoon Tabasco sauce
Juice 1 lemon
Salt

Break sardines in small pieces. Mix catsup, salt, lemon juice. Add dressing. Chill. Allow for each portion, 1 Tablespoonful served on a lettuce leaf.

SARDINE APPETIZER

Make a paste of equal parts of hard-cooked egg yolks and mashed New Brunswick sardines; add a little lemon juice, spread on toasted crackers. Put the hard-cooked egg whites through a ricer—or chop them very fine; mix with a bit of chopped parsley and sprinkle over each appetizer.

SARDINE DAINTY ROLLS

To be served either with cocktails or at afternoon tea.

Cut bread slices as thin as possible. Chop 1 can of New Brunswick sardines and mix with a little mayonnaise. Spread this mixture on bread and carefully roll each slice; then fasten it in a roll with a toothpick. Place in the oven and toast till the bread is a golden brown. Serve hot.

SARDINE SPREAD

Make a sardine paste by mashing New Brunswick sardines thoroughly. Now spread this paste lightly on bread or toast. Then spread again with chopped broiled bacon which has been mixed with mayonnaise.

SARDINE DELIGHT

Toast rounds of bread; butter lightly. Peel medium-sized tomatoes, scoop them out about half way. Fill the opening with sardines mashed to a paste, mixed with cream cheese and a little lemon juice. Pour a tiny bit of mayonnaise over all.

OPEN FACE SARDINE SANDWICH

Mix mustard, mayonnaise and minced New Brunswick sardines and watercress. Spread on thin slices of whole wheat bread. Sprinkle with paprika. Serve as an open-face sandwich.

● **NOTE:** Enterprising New Brunswickers with a brook to command are taking care to have a supply of water cress growing in it. The cress is hardy and can be used even after the first thin frosts have touched the brook.

SARDINE LENTEN SANDWICH

1 can sardines, drained and chopped
2 chopped, hard-cooked eggs
1 dozen stuffed olives, diced
¼ cup chopped walnut meats
Mayonnaise to moisten

Spread mixture between thin slices of buttered bread.

SARDINE SALAD

Mash can of sardines. Mix with chopped celery and chopped lettuce and with small amount of mayonnaise. Place on lettuce leaves and put dressing on top.

EGGS STUFFED WITH SARDINES

Cook as many eggs as you wish to use until they are hard. Cool in cold water, remove shells. Cut in halves lengthwise, remove yolks and mash with a fork. Add 1 can sardines, mashed fine. Season with a little mustard, pepper and salt and a squeeze of lemon juice. Fill the eggs with sardine mixture piling it high. Serve on bed of lettuce leaves with or without mayonnaise.

JELLIED SARDINES

Dissolve two bouillon cubes in 1¼ cups of boiling water, season with lemon juice and a few drops of grated onion, add 1 Tablespoon gelatin soaked in ¼ cup cold water. Strain and pour part of mixture into a mould and chill. When firm, alternate mashed New Brunswick sardines with slices of hard cooked egg in an attractive arrangement on top. Cover carefully with remainder of jelly and chill until firm. Serve on lettuce, garnished with watercress. Serve with Mayonnaise.

SARDINE BALLS

1 can New Brunswick sardines
2 large potatoes, boiled
1 teaspoon salt
Pepper
1 egg, beaten
Chopped parsley
Bread crumbs

Mash sardines with potatoes, add salt, pepper, egg and parsley. Form into small balls, roll in bread crumbs and fry in deep fat at 385 degrees F. until brown. See if these aren't the most delicious fish balls you've ever tasted!

POTATO SARDINES

1 can New Brunswick Sardines
1 cup cold mashed potatoes
4 Tablespoons butter
Pinch of salt
Two-thirds cup flour
1 teaspoon baking powder

Mix the flour, salt and baking powder and rub in butter lightly. Add potato mashed until absolutely free from lumps, to the flour, etc. Work in lightly with fingers. Mix to a stiff paste with a little cold water, then roll out to about quarter of an inch in thickness. Cut in oblong shapes, and place a sardine on each. Moisten the edges of the pastry, then wrap them around the sardines, pressing the edges firmly together and moulding the pastry as much as possible to the shape of the sardines. Bake on a greased tin in a hot oven until brown. Serve red hot.

SARDINE SUPPER

Drain oil from 2 cans of New Brunswick sardines. Heat in pan over hot water until very hot. Serve on toast and spread with the following: Butter rubbed to a cream, to which has been added, chopped parsley, paprika and a few drops of lemon juice.

DEVILLED SARDINES

Toast narrow strips of bread. Drain oil from can of New Brunswick sardines and arrange sardines on the strips of toast. In a small pan, heat 1 Tablespoon vinegar or lemon juice, ½ teaspoon dry mustard, ½ teaspoon butter, pinch of cayenne and pinch of salt. Stir well and add 1 beaten egg yolk. Stir until thick; pour over sardines and heat in oven

SARDINE OMELETTE

1 can New Brunswick Sardines
6 eggs
6 Tablespoons milk
¾ teaspoon salt
⅛ teaspoon pepper
3 Tablespoons butter
Cucumber, sliced

Beat eggs slightly, enough to blend yolks and whites; add milk and seasonings. Put butter in hot omelet pan and when it is melted. turn in the mixture. As it cooks, lift the edges toward the center until the whole is of a creamy consistency; increase heat so it will brown quickly underneath. When nicely brown and omelet is set, lay sardines on one half the omelette. They must have been previously heated in their own oil and then well drained. Turn other half of the omelette over, and slide on to a heated platter. Garnish with cucumber slices.

SARDINE WIGGLE

2 cans New Brunswick Sardines
Toast
1 Tablespoon butter
2 Tablespoons cheese
Parsley
¼ cup cream
1 egg yolk, beaten
½ teaspoon salt
1 teaspoon tabasco sauce

Broil sardines and place on narrow strips of toast. Make the sauce while the fish are under flame. Melt butter and add cheese, stirring until the cheese is melted. Add to this the cream and egg yolk. Stir until it thickens and then add salt and tabasco sauce. Serve immediately with parsley as garnish.

"It's my turn now to tell a good one!"

NEW BRUNSWICK GAME AND GAME BIRDS

New Brunswick, where there are said to be more moose and deer to the square mile than in any other part of America, has a strong appeal for the hunter. The 640 square miles already set apart in different parts of the Province as Game Refuges, where game may breed unmolested, help to keep the stock replenished. Other edible game animals besides moose and deer are the black bear and the American hare, considered by many both good hunting and good eating. Abraham Gesner, surgeon and geologist, who in 1847 published in London a book entitled: "New Brunswick with Notes For Emigrants" reports that the Indians were accustomed to offer the white guest, "Racoon stewed in bear's grease". "However," comments Mr. Gesner, "they will seldom urge him to partake of their viands to excess after he has paid a due compliment to their culinary ability."

Game birds are even more abundant in the Province than game animals. Various species of geese and duck are numerous along the coasts and on most inland lakes and rivers. The woodcock and the snipe of the Tantramar Marshes are especial favorites with hunters; and partridges, both birch and spruce varieties, are available during the "open" hunting season.

MOOSESTEAK

Broil small steaks, 1½ inches thick, or chops, by covering with butter and searing quickly in the broiler for 2 minutes on each side. Reduce heat and turn often until cooked. The broiling will take anywhere from 13 minutes for a rare steak to half an hour for one well done. Serve with the following sauce: Mix together 4 Tablespoons melted butter, ½ teaspoon salt, ⅛ teaspoon pepper, finely chopped parsley, 1 teaspoon lemon juice and if desired, 3 Tablespoons sherry wine.

(No open season for moose in recent years.)

NEW BRUNSWICK VENISON

Prepare and serve in same way as Moose Steak for which recipe is given above.

Wild fowl flying in the rosy splendor of the setting sun.

ROAST GOOSE

Singe, remove pinfeathers, wash and scrub; then draw, that is remove inside contents. Wash in cold water and wipe out. Stuff, truss and sprinkle with salt and pepper. Lay over breast few thin strips of salt pork. Place on rack in roasting pan; put in hot oven and bake about two hours, basting every 15 minutes with fat in pan. Take pork strips off last half hour of cooking. Place on platter, cut and remove string. Garnish with parsley, watercress and red cranberries. Serve with Apple Sauce. Stuff with the following:

POTATO STUFFING

2 cups hot mashed potato
1¼ cups stale bread crumbs, soft
¼ cup finely chopped salt pork
1 onion, chopped finely
⅓ cup butter
1 egg
1½ teaspoons salt
1 teaspoon sage

Add bread crumbs, butter, egg, salt and sage to potato. Then add onion and pork. Mix thoroughly.

WILD DUCK

Clean, singe and wash out the inside of duck with salted water. Brush generously with butter both inside and out. Sprinkle with salt. Place in roasting pan in a hot oven (450 degrees F.) Baste every 5 minutes with a mixture of ¼ cup melted butter and ½ cup boiling water. Allow 20 minutes to the pound for a large duck; 15 minutes to the pound for a smaller bird. Duck may be stuffed with apples, pared, cored and quartered; or with small whole onions. These stuffings will improve the flavor of the bird but are not to be served with it. If a stuffing to be eaten is desired, pour boiling water on pieces of dry bread; squeeze out excess water; season with salt, pepper, melted butter and finely diced onion. Serve duck with currant jelly and Orange Sauce.

ORANGE SAUCE

¼ cup butter
¼ cup flour
1⅓ cups brown stock (make with a bouillon cube if no stock is on hand)
½ teaspoon salt
Few grains cayenne
Juice 2 oranges
2 Tablespoons Sherry Wine
Small amount of grated orange rind

Brown the butter, add flour and seasonings. Stir until browned well. Add stock gradually and just before serving, the orange juice, Sherry and grated rind.

BROILED SNIPE

Prepare, cook and serve the same as for "Broiled Woodcock." See page 45.

RABBIT FRICASSEE

New Brunswick Hares, or Rabbits as they are popularly called, may be served broiled, fried or stewed. The following Fricassee is a favorite local dish.

Rabbit
2 stalks celery, diced
1 onion, chopped
1 carrot, diced
1/3 cup flour
½ teaspoon salt
⅛ teaspoon pepper

Prepare the rabbit, cut in sections and place in stewing kettle. Cover with boiling water. Add celery, carrot and onion and cook over a low fire for about two hours. Add the seasoning and cook another hour or until tender. Allow to cool. Remove the fat, and as the rabbit is not a fat animal, add a li'tle bacon fat or butter. Place this fat in a large frying pan, stir in the flour and add the broth which has been strained. If necessary, some warm water may be added to make sufficient gravy. Place the pieces of rabbit in the gravy. Serve with dumplings or boiled rice.

● **NOTE:** The time to enjoy rabbits is before snow comes. After snowfall, they are forced to eat cedar and so have a bitter taste.

DUMPLINGS

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 teaspoons butter
¾ cup milk

Mix and sift dry ingredients. Work in butter with finger tips, add milk gradually, using a knife for mixing. If necessary, use a little more milk. Drop by spoonfuls on top of stew. Be sure that dumplings rest on the meat and not in the liquid. It may be necessary to remove some of the liquid from the stew before putting in the dumplings. Cover closely and steam, without lifting cover, for 12 minutes.

PARTRIDGE AUX CHOUX

Remove outside leaves from head of cabbage, cut in half down through the heart, and then cut each half into coarse pieces. Put in a kettle and cover well with boiling water, adding 1 teaspoon salt for each quart of water. Cook **uncovered** until sufficiently tender to be pierced with a fork. Less than half an hour will be required. Cooking cabbage uncovered permits the strong flavor to escape. Cooking just long enough to be tender, leaves it fresh and white when it is cooked. Drain cabbage when cooked and put in a buttered baking dish. Split the partridges and brown in butter. Put the split, browned partridges on top of the cabbage, put a few strips of bacon and two or three sausages on top of them. Add one pint of stock and simmer gently for 40 minutes. Strain, put cabbage on platter, lay partridges on bed of cabbage, surround with bacon strips and sausage. Thicken the gravy left in baking dish with a Tablespoon of flour and pour over all. Serve with baked potatoes and a salad.

ROAST PARTRIDGE

Clean, singe; rub with salt, brush with melted butter, dredge with flour; surround with trimmings of fat salt pork. Lay few strips of thin bacon over breast of each bird. Bake twenty to twenty-five minutes in a hot oven, basting three times. Arrange on platter, remove string and skewers and pour Bread Sauce around bird. Then sprinkle both bird and sauce with coarse brown bread crumbs which have been browned in butter.

BREAD SAUCE

2 cups milk
½ cup fine stale bread crumbs
1 onion
5 cloves
½ teaspoon salt
Cayenne
3 Tablespoons butter
½ cup coarse stale bread crumbs

Cook milk with fine bread crumbs and onion stuck with cloves in double boiler for half hour. Take out onion, add seasonings and 2 Tablespoons butter. Pour around Roast Partridge and sprinkle with coarse bread crumbs which have been browned in remaining Tablespoon of butter.

A DELICIOUS GAME PIE

Boil 1 cup rice in plenty of water for ½ hour. Drain, add ½ cup milk, 1 teaspoon salt, 1 teaspoon pepper and 1 Tablespoon butter. Beat and mix well. Cut birds in half or quarters according to size; put them in a baking dish, season with salt, pepper, chopped onion and chopped parsley. Rub together 2 Tablespoons butter, 2 Tablespoons flour, add 1 pint water or stock, stir until it boils; add 1 teaspoon Worcestershire Sauce and 1 of salt. Pour this hot over the game; cover with a crust of the rice, brush with milk and bake in a moderate oven for one hour.

BROILED WOODCOCK

Wash and singe bird and wipe with damp cloth. Split down the backbone with sharp knife. Flatten out. Sprinkle with salt and pepper, rub with butter or bacon fat and put strips of bacon over top of each bird. Broil in well greased broiler about 12 minutes, turning frequently. Serve on toast points with currant jelly.

NEW BRUNSWICK DULSE

The familiar Latin quotation, "Dulce et decorum", has frequently been reversed in New Brunswick to decorum **et** dulce. This has happened when visitors, pressed by hospitable hostesses, have been too polite to refuse the queer looking seaweed known as Dulse. To those who have been brought up on it, however, there is nothing quite so good as dulse and no native New Brunswicker will long be willingly deprived of its salty charm.

Dulse is usually eaten raw anytime, anywhere and in any quantity. Around the campfire it may be rolled about on a hot stone with a stick or poker until it turns green. In the drawing-room it is often served as a relish with potato chips when cocktails are served. In this case, it is first well dried.

Rich in potassium iodine, dulse is a very healthful food. Its reputation as such goes back for centuries. Here is what a certain Mr. Martin in his book published in 1703 and entitled: "Description of the Western Islands" has to say about it: "It is eat raw, and then reckoned to be loosning, and very good for the sight; but if boiled it proves more loosning, if the juice be drank with it . . . The Natives eat it boil'd with butter, and reckon it very wholesome."

Dulse Gatherers on the Shore

A FEW NEW BRUNSWICK PIONEER RECIPES

TYPICAL FRENCH ACADIAN RECIPES

Clearing land and wresting homes from the wilderness, the earliest European settlers in what is now New Brunswick required and relished hearty fare. The sort of meals necessary to sustain men doing hard labor could not be dished up in a jiffy but required long hours of preparation. On days when Poutines Râpées, for instance, were to make the mid-day meal, the busy housewife would get up even earlier than usual, often before five in the morning, and if possible, enlist the services of two or three other members of the family to help her get ready this favorite dinner. The work of preparation had to be done quickly and expertly or the potatoes would turn dark before ready for the pot. Try the following recipe if you have patience, no manicure to ruin, and a family with hearty appetites and good digestions!

POUTINES RAPEES

Pare the desired number of potatoes, dropping them in cold water as prepared so as to keep from turning dark. Slice as many onions as you wish to use, very thin. Cut up salt pork in small cubes, using enough to make a filling for the number of potatoes you have taken. Add salt to taste. Now grate the potatoes. Next, squeeze the potatoes in your hands to remove the starchy juice. (Save this juice and use it in potato soup.) With the potato pulp that is left, mix mashed cooked potato, in the proportion of 3 cups potato pulp to 1 cup mashed cooked potato. Make balls of this mixture, each ball about the size of a large apple. In the middle of each ball, put some of the salt pork and onion, mixed. Be sure that all the potato juice has been squeezed out or the balls will break. Roll the balls in flour to make them firmer. Put a plate on the bottom of a stew kettle and fill the kettle about half full of boiling water. Drop the balls in on the plate and **simmer,** not boil, for about two hours or until balls are tender. Serve hot with sugar or molasses or with butter if you prefer it.

PATE RAPE

Pare desired number of potatoes, dropping in cold water as prepared. Grate and carefully squeeze out all juice. Parboil the chicken, rabbit, beef, pork or any meat which you plan to use. (The early settlers used chicken on special occasions, rabbits when they could get them.) Parboil the meat only until partially tender. Put a layer of the grated potato in a buttered baking dish; then a layer of meat; cover with onions sliced thin, or with slivers of onion grass, and season to taste; repeat, starting with another layer of grated potato, then a layer of meat, then the seasonings, etc. until the dish is nearly full. Pour over it, enough broth in which meat was cooked to come up to top. Put in moderate oven and bake until tender. If rabbit is used, put in some fat salt pork cubes as the rabbit has not sufficient fat of its own.

FRICOT

Fricot, a favorite dish among the early Acadians, was served regularly when something extra special was required to celebrate an occasion. It is flavored with summer savory, which was very soon introduced into pioneer gardens and was used a great deal in old Acadian cookery in stews, dressings and soups. The Acadians, when exiled in Louisiana, continued to use this herb and it is still a popular flavoring in that part of the south.

To make Fricot, take a stew kettle and fill it about three-quarters full of boiling water. Slice the required number of onions and drop them in the kettle. Cut up raw chicken in pieces and put in potatoes which have been peeled and cut in cubes. When cooked, season and include in the seasonings 1½ teaspoons summer savory. Make dumplings, following the recipe given on page 44. Cover the pot tightly and steam 12 minutes. Be careful to have dumplings rest on meat and potatoes and not sink in the liquid. It may be necessary to remove part of liquid before adding dumplings. Serve hot on platter.

These same directions for making the above typical French Acadian dishes are now repeated in French.

POUTINES RAPEES

A trois tasses de pommes de terre en purée melangez une tasse de pommes de terre cuites et écrasées, sel au goût. Prenez un peu de ce mélange dans la main, aplanissez et mettez au milieu un peu de porc salé, d'oignons et de ciboulette tranchés fin. Arrondissez et roulez dans la farine et mettez dans l'eau bouillante (salée). Mijotez jusqu' à ce qu'elle soient tendres.

PATE RAPE

Remplissez une terrine à pâté de couches alternées de pommes de terre en purée bien assaisonnée, et de poulet cuit à moitié et d'oignons. Couvrez avec de la pomme de terre en purée. Faites cuire au four a 350° jusqu' à ce que tendres.

FRICOT

Mettez de l'eau dans une marmite, ajoutez trois à quatre oignons tranchés, un poulet en quartier, sel et laissez mijoter jusqu' à ce que le poulet soit presque cuit. Ajoutez des pommes de terre tranchées. Lorsque cuites, ajoutez une pincée de sarriette; aussitôt mettez des "dumplings" avant de servir.

YORKSHIRE SETTLERS' RECIPES

In 1774, several families of emigrants from Yorkshire arrived to settle in the Chignecto district. When they sailed for the new world, many of these Yorkshire people declared on their papers of embarkation that they came "To seek a better livelihood". After hardships in plenty, their search was rewarded and their descendants have made noteworthy contributions to the life of this Province and of the Dominion, many well-known present day writers, editors, professors, college presidents and parliamentarians being numbered among them. We wonder how many among them are familiar with such ancestral dishes as the following.

BUCKWHEAT PORRIDGE

The old English dish known as "Frumenty", consisting of hulled wheat boiled in milk, adapted by the Yorkshire settlers to suit conditions in their new home, became known as Buckwheat Porridge and was made by boiling buckwheat in milk. This hearty food was served with **Yankee Butter,** that is, molasses mixed with the fat resulting when scraps of fat salt pork were tried out. In all probability the Yorkshire cooks bestowed this picturesque name on their butter substitute in honor of their neighbors from whom they learned to make it, the people from New England already settled on many of the French farms left vacant by the expulsion of the Acadians.

INDIAN PUDDING

1 quart milk
4 cups white Indian meal
3 eggs
4 Tablespoons sugar
1 teaspoon salt
¼ pound suet, chopped
1 teaspoon cinnamon
¼ teaspoon soda, dissolved in the milk.

Scald the milk, and while hot, stir in the meal, suet and salt. When cold, beat in the egg yolks, the sugar and the spice and lastly, the beaten whites of eggs. Beat long and hard; pour into buttered mould, leaving room for swelling. Cover tightly and put into a pot of boiling water and boil four hours. Turn out and serve either with molasses or maple syrup.

● **NOTE:** Indian meal is a variety of corn meal and corn meal may be substituted in this recipe.

LOYALIST RECIPES

At the close of the American War of Independence, thousands of those who chose to remain loyal to the British Crown came north to found new homes in Eastern Canada bringing with them into the wilderness their home furnishings of fine mahogany, their shining copper pots and kettles and their retinue of negro slaves. "The Loyalists", as these settlers were called, also brought with them a passionate love of everything English and in no way was their tradition more devoutly maintained than in their cookery. Try their recipes for two characteristic national dishes.

BEEFSTEAK AND KIDNEY PIE

2 pounds of round or chuck steak
2 beef kidneys (approximately 1 pound)
2 teaspoons salt
½ teaspoon pepper
2 Tablespoons chopped parsley
2 Tablespoons vinegar
2 teaspoons Worcestershire Sauce
1½ Tablespoons melted fat
1 medium sized onion
Two-thirds Tablespoon dripping
3 or 4 cups of water or stock from meat or vegetables
3 or 4 Tablespoons flour

To prepare the kidneys, wash in cold water, then scald and remove the veins, cords and fat. Soak in cold water for 30 minutes or longer if the kidneys are from an older animal. Drain and cut into small cubes. Combine salt, pepper, parsley, vinegar, sauce and fat. Add the cubed kidney, stir well and allow to stand for half an hour. In the meantime, cut the beef steak in ¾ inch cubes, chop the onion and add both to the melted dripping. Heat until the onion is slightly browned and the meat seared on all sides. Add the kidneys with the dressing in which they were standing; brown slightly; add the water or stock, cover and simmer until the meat is tender, about one and a half to two hours. Add more liquid during cooking if necessary. Put the meat into a casserole or meat pie dish, thicken the liquid in the pan with the flour, which has been mixed to a smooth paste with a little cold water, and pour it over the meat in the casserole. Cover with pastry or biscuit dough as preferred and place in the oven until the crust is baked and nicely browned. This amount makes 8 servings. Biscuit dough is preferred by most people; but pastry was what the Loyalists used. In the early days, they were unable to get all of the seasonings included in this recipe. But why dispense with the parsley and the Worcestershire Sauce in this modern day? They add a piquant dash which the Loyalists would have been the first to appreciate.

ROAST BEEF WITH YORKSHIRE PUDDING AND HORSE RADISH SAUCE

Season a standing rib roast, as large as desired, with salt, pepper and paprika and spread with a generous coating of prepared mustard. Place in a roasting pan, without water, fat side up. Put in a hot oven (490 degrees F.) and sear from 20 to 30 minutes, until the meat is well browned. Reduce the heat to a slow oven (300 degrees F.). For rare meat allow 15 minutes to the pound; for medium, 20 minutes; for well-done meat, 30 minutes to the pound. (Though the Loyalists undoubtedly managed to cook this roast without thermometers as well as without several other modern conveniences, the roasting temperatures are inserted for your information!)

YORKSHIRE PUDDING

1 cup milk
1 cup flour
2 eggs
¼ teaspoon salt

Mix dry ingredients; add milk gradually to form smooth paste; add eggs, beaten very light. Cover bottom of hot pan with bit of beef tried out from roast; then pour mixture into this pan up to one-half inch deep. Bake 20 minutes in hot oven, basting after sufficiently risen to make such a procedure safe, with some of the fat taken from the pan where the beef is roasting. Serve cut in squares with meat.

HORSERADISH SAUCE

½ cup cream, whipped
4 Tablespoons grated horseradish
½ teaspoon salt
¼ teaspoon pepper
1½ Tablespoons vinegar

Combine the horseradish, salt, pepper and vinegar and mix thoroughly. Fold in the stiffly beaten cream. Serve with roast beef.

AN IRISH STEW

Anybody who takes Pot Luck with the Irish, at least in New Brunswick, runs no risk of a lean meal. Especially if the following fine variety of Irish Stew happens to be simmering in the pot:

2½ pounds shoulder of lamb
3 large carrots
6 small onions
2 pounds potatoes
1 teaspoon salt
¼ teaspoon pepper
About 4 cupfuls water

Have the meat cut into medium-sized pieces, cover with the cold water and bring slowly to boiling point. Skim, then add the carrots cut into eighths and simmer slowly for one hour. Add seasonings, onions and potatoes, the onions, if small enough, whole; and the potatoes cut into chunks. Continue to simmer until the potatoes and the meat are tender. This will be about 1 hour. Arrange the meat in the center of the platter, put the potatoes around it and garnish with the carrots and onions. Sprinkle a little chopped parsley over all. Irish Stew may be served with Dumplings. Recipe for which is found on page 44.

SCOTCH PIONEER RECIPES

"Licht suppers mak lang life"
"He that eats but ae dish seldom needs the doctor."

Making a virtue of necessity, the Scotch over and over again, in ancient proverbs and poetry, laud the blessings of frugality. Here is a thrifty recipe for old-fashioned Scotch Broth:

SCOTCH BROTH

3 pounds veal and bones from neck or knuckle
3 quarts water
1 onion
1 turnip
3 stalks celery
1 cupful pearl barley
Salt and pepper to taste

Crack the bones and chop the meat and put on with the cold water in kettle. Wash barley, soak in lukewarm water for two hours; then put it on to boil in water in which it has been soaked. Cook slowly, making sure that barley is always kept covered by adding water when necessary. Chop the vegetables, cover with cold water and cook separately until tender. When soft, rub vegetables through seive, and let them stand in the water in which they were cooked until the meat is ready. The meat should simmer in the soup-kettle from 3 to 4 hours. Strain out the bones and meat and mix this soup stock that is left, the barley with the water in which it was cooked, the vegetable broth and the salt and pepper. Simmer slowly for half an hour. Add chopped parsley to taste.

OATMEAL CAKES

The original Oat Cake was made of oatmeal and cold water. Until quite recently, the Skye fishermen used to dip a handful of oatmeal over the side of the boat into the sea and when it was thoroughly moistened, knead it into a bannock cake. Often, this was all they had to eat for days. Scotch settlers in New Brunswick, however, could soon afford the luxuries, among them these delicious:

OAT CAKES

3 cups fine oatmeal
2 cups flour
½ cup lard, other shortening or very thick cream
1 teaspoon salt
About 1 cup warm water
½ teaspoon soda
3 teaspoon sugar
3 teaspoons molasses

Mix together. Chill or leave over night. Roll out very thin and cook in a hot oven. A note on an old recipe for these cookies reads: "For shortening I used rendered out pork fat from a pig's head. I made delicious Head Cheese from the head—a grisly job, cutting it up!"

CAMPING OUT IN NEW BRUNSWICK

Camping Out is an experience which everyone should be privileged to enjoy and to enjoy frequently. For camping is the oldest way of life and we all grow homesick to live after the manner of the camp and trail as so many of our ancestors did. New Brunswick offers ideal facilities for gratifying this natural desire and the following suggestions on camping are offered in the hope that they may be useful.

First of all, a permit must be secured if a camp fire is to be made. Campers are held responsible for extinguishing every last ember of the camp fire. Forest fires are not only costly but actually menace lives and property in the villages for miles around. Many campers take along a camp stove of some sort rather than build a fire. Those wishing to use a campfire should take with them the following equipment: a grate, a good frying pan, a sauce pan, a coffee pot, a can opener, a sharp knife, a long-handled fork and a mixing spoon. A hard wood fire is best as it leaves the sort of embers so necessary to successful camp fire cookery. Build a big fire and let it die down to embers. Now is the time to BROIL THE MEAT—steak or chops of whatever variety. Sear the meat quickly over the hot embers on all sides so that the juice will not run out. Then salt and pepper it and complete the cooking, holding it further away from the coals than for searing.

ROASTED CORN

Let the camp fire burn down until the flames are low, then lay the corn, still in the husk, on a grate a few inches above the flames. Roast, turning occasionally until the husk is charred. Nothing finer. Tastes like a cross between corn and roasted nuts!

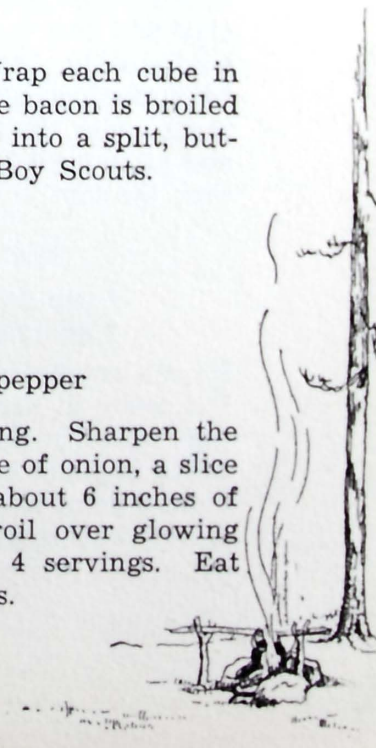
CHEESE BOB

Cut a thick block of Canadian Cheese into cubes. Wrap each cube in bacon and broil over the coals of the campfire until the bacon is broiled and the cheese at melting point. Pop the Cheese Bob into a split, buttered bun, filled with crisp lettuce. A favorite with Boy Scouts.

KABOBS

1 pound beef steak, cut into 12 pieces
12 slices bacon
12 olives
4 onions
Salt and pepper

Cut four branches from trees, each at least 2 feet long. Sharpen the small ends, then stick each with a piece of steak, a slice of onion, a slice of bacon wrapped around an olive and repeat until about 6 inches of stick are filled. Sprinkle with salt and pepper. Broil over glowing embers until well cooked and tender. This makes 4 servings. Eat direct from sticks or slide off sticks into buttered rolls.



CAMPFIRE CHOWDER

Cut a quarter pound of bacon into small pieces, brown it lightly in a heavy kettle. Add 2 chopped onions. Cook them in the bacon fat for a few minutes. Add 1 can of tomatoes. Add 2 cups water, 2 potatoes cut up into thin slices, then 2 one pound cans of beans. Season with salt to taste. Simmer until the potatoes are tender. Food that "sticks to the ribs" of hungry hikers.

JUST PLAIN BEANS

If too hungry to wait for Bean Chowder, just open a can of beans, set it in the embers and let the beans get hot. When opening the can, don't take the lid clear off; leave it for a handle; it also helps keep the ashes out of the beans.

FRIED FRESH CAUGHT TROUT

Fry trout whole. Clean, wipe dry, roll in cornmeal, fine cracker crumbs or flour; sprinkle with salt and pepper and brown in small amount of fat in hot frying pan directly over the coals of campfire. When brown, finish cooking at slightly lower temperature.

STEAMED TROUT OR SALMON

Clean. Lay a piece of bacon and a few thin slices of onion inside. Season well outside. Roll fish in buttered parchment cookery paper and then in many thicknesses of ordinary paper. Soak in water 5 minutes. Dig a hole in the middle of a bed of coals and bury the package in the embers. The fish will be cooked in 20 minutes or more according to size.

BAKED POTATOES

Select fairly large potatoes. Encase with a thick layer of mud or wet clay and toss into the glowing embers. When baked, knock off this mud coating. Allow about 1 hour to cook. Potatoes may also be baked by wrapping in thick layers of wet leaves or wet papers and burying them under the fire by pushing coals to one side, digging shallow hole and after putting potatoes in it, covering with dirt and replacing coals over the top.

CAMP COFFEE

1 cup finely ground coffee
1 quart cold water
1 quart cold milk
6 Tablespoons sugar

Have a scrupulously clean coffee pot with tight cover. Agate preferred. Put coffee in cheesecloth bag and tie it tightly. (For convenience, prepare coffee in this way at home.) Put cold water into pot, drop in the coffee bag and bring to boiling point. Add cold milk and bring to the boiling point again. Let stand 5 minutes. Remove bag; add sugar and serve. This makes coffee for 8. If soap is rubbed over bottom of coffee pot before it is put over the fire, it will clean easier.

FAVORITE NEW BRUNSWICK RECIPES

Among favorite and frequently used New Brunswick recipes not already included under the various headings in this little book are the following which we feel are too good to be left out. First and foremost among them are, of course, the pancake recipes. New Brunswickers of all racial origins are equally devoted to pancakes. In fact visitors going from farm to farm visiting relatives have been heard to say when they returned home that their most distinct memory of this Province was the clack-clack-clack of the wooden spoon against the sides of the brown earthenware pitcher in which the pancakes were mixed for breakfast, dinner and supper!

What pancakes are to the farm, flapjacks are to the lumber woods. And what is the difference between the two? They're made with the same batter in the same frying pan, but there all resemblance ends. A pancake is made in smaller individual cakes, while the flapjack fills the whole bottom of the pan. Flipping flapjacks is a sport for Kings as well as cooks. Paul Bunyan, legendary hero of the pioneer west, hit on the scheme of using dynamite to turn his flapjacks. When one side was done, he would explode a ton or two of dynamite under the pan. And that did the trick!

SOUR MILK OR BUTTERMILK GRIDDLE CAKES

1½ cups wheat flour
½ teaspoon salt
2 Tablespoons sugar
¾ teaspoon soda
2 cups sour milk or buttermilk
1 egg
2 Tablespoons melted fat

Mix and sift the flour, salt, sugar and soda; add the sour milk or buttermilk then, the well-beaten egg; lastly, stir in the melted fat. Beat the mixture thoroughly and bake at once on a hot, greased griddle. See that there is no excess of grease on the griddle, as this burns and makes smoke. Use two griddles if possible, to hurry the cooking.

NEW BRUNSWICK SPECIALS

1½ cups buckwheat flour
3 Tablespoons wheat flour
1 teaspoon soda (scant)
2 Tablespoons hot water
1 teaspoon salt
1 egg
2 cups buttermilk

Mix the two flours; add the salt; add to these the buttermilk, the beaten egg and at the last, the soda dissolved in the hot water. Mix thoroughly, beating up well. Mix to proper consistency for dropping from tip of spoon on hot, greased griddle. Greasing griddle with vegetable oil makes much less smoke than if butter or any animal fat is used.

OLD FASHIONED BUCKWHEAT CAKES

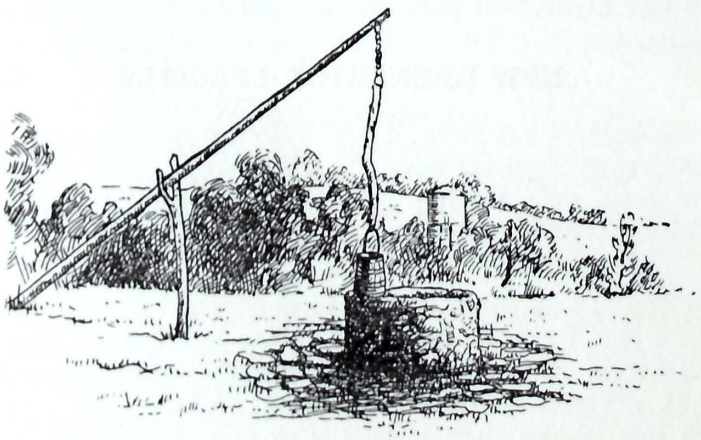
2 cups scalded milk
½ cup fine bread crumbs
½ teaspoon salt
¼ yeast cake
¾ cup luke warm water
2 cups buckwheat flour
1 Tablespoon molasses
¼ teaspoon soda

Pour the scalded milk over the bread crumbs, add salt. Dissolve yeast cake in ½ cupful of the warm water and add to the bread crumbs and milk. Stir in the buckwheat and let mixture rise over night. Next morning, stir well and add the molasses, the soda and the ¼ cup luke warm water. Bake on a hot, greased griddle. In the old days, the cooks always kept out a half cup of the batter to which was added the flour, milk, salt and molasses. In this way, they always had a starter for the daily serving of pancakes.

POTATO PANCAKES

6 medium-sized potatoes
2 eggs
2 Tablespoons fine dry breadcrumbs
1 teaspoon salt

Grate the peeled potatoes; add the well-beaten egg yolks, crumbs and salt. Fold in the stiffly beaten egg whites. Drop by spoonfuls into hot fat in a frying pan. Brown on both sides.



NEW BRUNSWICK POULTRY

New Brunswick flocks have been so improved by poultrymen that this Province's poultry and poultry products are now by-words of excellence.

ROAST CHICKEN

Select a plump New Brunswick bird. Clean, stuff and truss, that is, tie down the legs and wings so the bird won't look as if ready to fly off the platter, when he is set on the table! Place bird on rack in roasting pan. After 10 minutes, reduce heat and begin to baste. Baste every 10 minutes until chicken is cooked. Use ¼ cup melted butter mixed with two-thirds cup boiling water for basting. After this is gone, baste with pan drippings. If necessary to keep from burning, a little boiling water may be added in pan. During cooking, turn chicken frequently so that it may brown evenly. When breast meat is tender, chicken is done. A four pound chicken needs to cook about 1½ hours. In roasting an older bird, follow same method but use a covered roaster. For Bread Stuffing recipe, see page 35.

BROILED CHICKEN

Singe bird, wipe and with a sharp-pointed knife, begin at back of neck and cut through entire length of backbone. Lay bird open and remove contents. Cut out rib bones on each side of backbone, remove from breastbone, then cut tendons at joints. Sprinkle with salt and pepper, dot with butter and place skin side down in a baking pan in a hot oven. Cook 15 minutes. Then place in well-greased broiler and finish cooking. Keep turning chicken so that all parts may be evenly browned. The skin side will brown more quickly than the flesh side and for this reason the flesh side must be kept turned to the fire the greater part of the time. The chicken may, of course, be entirely cooked in the broiler. But as it is very apt to burn, it is better to cook partially in oven first.

NEW BRUNSWICK MUSHROOMS

Gnomes and elves by the million with queer round heads inhabit the great salt marshes at the head of the Bay of Fundy. They are called by the unimaginative, Mushrooms, and are the delight of epicures everywhere. To be at their delicious best, mushrooms should be eaten the very hour they are picked. But when this is not possible, a very good substitute is provided by New Brunswick mushrooms canned the same day they were twisted out of the marshy ground.

HOW TO PREPARE MUSHROOMS FOR COOKING

Clean them by brushing carefully with a soft brush and scraping the surface lightly. Do not throw the stems away as they are almost as good as the caps. Peel mushrooms, only if the skin is tough.

MUSHROOMS STEWED AND SERVED ON TOAST

Clean the mushrooms and cut both caps and stems in pieces. Cook until tender in enough water, or milk to cover them well. Then season to taste with salt and pepper. Add to the liquid that remains, enough flour to thicken it slightly. Serve mushrooms with sauce on toast.

PAN FRIED MUSHROOMS

Mushrooms cooked in this way may be either served with steak or other dishes to improve the flavor and give variety or they may be served on toast. Clean the mushrooms, remove stems, dredge both stems and caps with flour. Melt fat in frying pan and place mushrooms in it. Fry until brown on both sides and then season with salt, pepper and if desired, a little chopped parsley. To make a sauce, add water to the flour and fat that remain in the pan, and allow to cook for a few minutes.

VEAL CUTLETS WITH MUSHROOM SAUCE

1½ pounds veal steak Half pound of mushrooms

Cut the meat into individual portions, sprinkle the pieces with salt and pepper, and roll in flour. Brown in hot fat in pan, add a small quantity of water, ½ a cupful will do, cover the pan, and cook very slowly for ¾ of an hour or until meat is tender. If necessary, add a little more water from time to time, just enough to keep meat from sticking. Remove meat from pan and keep hot while making the sauce. For the sauce, add 1 Tablespoon flour to the pan drippings, then pour in enough hot water to make about 1½ cups gravy. Stir until thickened. In the meantime, have the mushrooms cooked in butter until browned. Add to the sauce and simmer for a few minutes. Pour over meat and serve.

PICKLED MUSHROOMS

Peel the number of mushrooms you have to pickle. Put them in a crock, in layers, sprinkling salt rather lightly over each layer. Use table salt and be careful not to overdo the salting, though enough is essential. Let mushrooms stand with the salt over night. In the morning, drain nearly all the liquid off. Put the mushrooms and a little of the liquid in a stew kettle and pour over them enough cider vinegar to come up to the top—not over the top of mushrooms. Put into the kettle muslin bag in which are tied an assortment of mixed spices. Let simmer until mushrooms are soft. Pour into sterilized bottles and seal. Delicious with steak or chicken or with cold meats. A real delicacy.

PUMPKIN PIE

1½ cups strained pumpkin
¾ cup brown sugar (closely packed)
1 teaspoon ginger
1 teaspoon cinnamon
2 Tablespoons molasses
2 eggs
2 Tablespoons melted butter
½ teaspoon salt
1 cup milk

A crisp undercrust is generally conceded to be the virtue in pumpkin pie. Bake the undercrust first until delicately browned; then pour in the partially-cooked filling and finish the baking in a moderate oven. Beat the egg yolks and whites separately and fold in the stiffly beaten egg whites, just at the last minute before baking.

NEW BRUNSWICK VEGETABLES ARE "TOPS"!

BAKED HUBBARD SQUASH

Never mind whether the skin is smooth or rough, but make sure that the squash you choose belies its name and is **hard**—the harder, the better. To cook it, cut in pieces for individual servings, add butter, salt and pepper to each one and put in a hot oven. In an hour they are ready to serve. Scoop out the squash or serve it on the shell and let the diner do the work. As you please.

SQUASH PIE

Follow the directions given for Pumpkin Pie, substituting mashed squash for the pumpkin.

"I don't know how to tell it—but if sech a thing could be
As the angels wantin' boardin', and they'd call around on ME—
I'd want to 'commodate 'em—all the whole-indurin' flock—
When the frost is on the pumpkin and the fodder's in the shock."

—*JAMES WHITCOMB RILEY.*

VINEGAR PIE

3 Tablespoons vinegar
1 cup sugar
4 Tablespoons flour
1 cup water
2 egg yolks
1 Tablespoon butter

Mix the flour with half the sugar. Add boiling water, and cook in a double boiler for 15 minutes, stirring often. Add remaining sugar and beaten egg yolks and cook a few minutes longer. Add butter and vinegar. Flavor with lemon extract and cool. Turn into a **baked** pastry shell, cover with meringue made from the whites of the egg and four Tablespoons sugar. Brown in a moderate oven. Bake the under crust for this pie on the outside of a tin pie plate, pricking it freely with a fork so that it will keep its shape.

FIVE MINUTE CABBAGE

1 pint shredded cabbage
1 cup milk
⅓ cup top milk or thin cream
1 Tablespoon butter
1 Tablespoon flour
Salt and pepper

Cook the cabbage for 5 minutes in the milk. Add the cream, the butter blended with the flour and the seasonings and cook rapidly for five more minutes.

COLE SLAW

Shred fine, tender cabbage. Soak in cold water to crisp. Drain, dry and serve moistened with Hot Slaw Dressing.

HOT SLAW DRESSING

1 Tablespoon butter
1 Tablespoon flour
1 Tablespoon sugar
¼ cup top milk or thin cream
⅛ teaspoon dry mustard
⅛ teaspoon salt
2 Tablespoons vinegar
1 egg yolk

Mix dry ingredients, add butter and cook over low flame, stirring to a smooth paste. Add cream and stir until it boils. When very thick, add vinegar slowly, stirring constantly. Let boil and stir in rapidly the well-beaten egg yolk. This dressing is also good used as a cold Cole Slaw Dressing.

CREAM OF CORN SOUP

1 pint milk
1 Tablespoon butter
1 Tablespoon flour
1 cup canned corn
1 teaspoon salt
⅛ teaspoon pepper

Melt butter, add flour and seasoning, then heated milk. Force corn through a coarse sieve and add the resulting corn purée to the first mixture. Season with salt and pepper to taste and serve.

BOILED GOLDEN BANTAM CORN

Remove husks and put corn in boiling water to which has been added 1 teaspoon salt and 2 teaspoons sugar. Cook about 10 minutes. Serve at once on platter covered with napkin; draw corners of napkin up over corn.

● **NOTE:** Many prefer corn boiled only 3 to 5 minutes.

STRING BEANS WITH BACON

2 cups string beans, freshly cooked
½ cup sugar
½ cup lean bacon, diced
¼ cup vinegar

Drain beans; fry bacon to crisp. Put all together and cook slowly about 8 minutes. Season with salt and pepper before serving.

BAKED BEANS

Soak about 2 cups of dried beans over night in cold water. In the morning, drain off the water and add a quart of fresh water, simmer for ¾ of an hour or until beans begin to soften, then drain again. Next, score or cut the rind of about one half pound of salt pork and put half of it in the bottom of the bean crock. Add beans. Then mix about 4 Tablespoons molasses, a little mustard, a little salt and a little hot water and pour over the beans—enough hot water to cover. Now put the remaining salt pork on top, cover the crock and cook the beans in a slow oven for 6 or 7 hours. Keep lid on until last hour of cooking, then take off and allow beans and pork on top to brown.

DATE BREAD

1 cup dates
1 teaspoon soda
1 cup boiling water
1 Tablespoon melted butter
¾ cup brown sugar
1 egg
½ cup nuts
½ teaspoon salt
1½ cups flour (sifted)

Beat together the dates, stoned and cut in pieces, the soda mixed in the boiling water and the melted butter. Add the sugar, beaten egg, nuts, salt and flour sifted. Cook slowly in round tins about ¾ hour. If a richer bread is desired, use two cups of dates and in this case, use only ¾ cup boiling water.

STEAMED BROWN BREAD TO GO WITH THE BEANS

1 cup white flour
1 cup graham flour
1 cup corn meal
¾ teaspoon soda
2 teaspoons baking powder
1 teaspoon salt
¾ cup molasses
1¾ cups sweet milk

Mix and sift flours, corn meal, soda, baking powder and salt. Add mo-

lasses and milk and mix all together thoroughly. Grease a can and a cover that fits the can tightly. Old baking powder or coffee cans are much used. Fill cans about three quarters full, lay the covers on and steam for 3½ hours. Then remove the covers, and **bake** the bread for 10 minutes to dry it off. If the bread seems likely to crumble, don't try to cut it, just tie a string around the loaf, and cut slices by pulling the ends of the string.

EASY-TO-MIX BROWN BREAD

1 cup oatmeal
2 cups boiling water
1 cup molasses
1 Tablespoon shortening
1 yeast cake dissolved in ¼ cup luke-warm water
2 teaspoons salt
Enough white flour to make a stiff dough

Pour boiling water on the oatmeal; add shortening and molasses, then the salt. Let this mixture cool until lukewarm. Dissolve yeast cake in the quarter cup lukewarm water; then dissolve in oatmeal mixture. Add enough sifted flour to make a stiff dough. Knead well. Let rise until double its bulk. Put in buttered bread pans. Let rise again until double its bulk. Bake in moderate oven one hour.
This recipe makes three good-sized loaves.

CLOVER LEAF REFRIGERATOR ROLLS

1 pint milk
½ cup sugar
½ cup lard
½ cup mashed potato
1 teaspoon salt
1 yeast cake dissolved in ¼ cup warm water
1 teaspoon sugar
1 teaspoon baking powder
¼ teaspoon soda
Flour to make stiff dough

Scald the milk and combine with the ½ cup sugar, the salt, potato and shortening. Cool until lukewarm (about 85 degrees Fahrenheit). Soften the yeast cake in the lukewarm water, add the teaspoon sugar, the baking powder and soda and stir into the first mixture. Next add enough flour to make stiff dough—as much as can be stirred in without kneading. Place dough in a bowl, brush surface with melted butter, cover tightly and store in refrigerator. This dough will keep at least a week. When rolls are desired, turn dough on a floured board, form into rolls and arrange in greased pan; cover and let rise in a warm place. (Rising will take some time). After rolls have risen until light, brush tops with melted butter and bake in a hot oven (425 degrees Fahrenheit) about 15 minutes. If Clover Leaf Rolls are desired, shape the dough into pieces the size of a small walnut and bake three of these together in each muffin pan.

COFFEE CAKE

This is an especially good kind of biscuit which can be served for breakfast or with coffee at any time.

1 cake compressed yeast
½ cup lukewarm milk
1 Tablespoon sugar
½ teaspoon salt
2 cups white flour
1 egg
2 Tablespoons fat
¼ cup brown sugar
½ cup additional white flour for kneading

Dissolve the yeast in lukewarm milk and add the sugar and the salt. Stir in 1 cup flour and let the mixture rise. When sponge is light, add the beaten egg, the fat and the brown sugar creamed together, and the remaining flour. Knead until dough is smooth and allow to rise until double in bulk. Then roll dough out to ½ inch thickness, place in a shallow pan and let rise until light. Brush top with 1 Tablespoon melted butter and sprinkle with 3 teaspoons of cinnamon and 3 Tablespoons sugar. Bake 10 to 15 minutes in a moderately hot oven. (375 degrees F.)

HOT WATER SPONGE CAKE

4 eggs (separated)
1¾ cups sugar
2 cups pastry flour
¾ cup hot water
3 teaspoons baking powder
½ teaspoon salt
½ teaspoon almond flavoring
½ teaspoon lemon flavoring

Beat the egg yolks until thick and creamy. Add half of the sugar gradually, then the hot water and the remainder of the sugar. Sift the dry ingredients together three times and beat into first mixture. Fold in stiffly beaten egg whites last.

HOT MILK SPONGE CAKE

2 eggs (separated)
1 cup sugar (scant)
1 cup pastry flour
1½ teaspoons baking powder
¼ teaspoon salt
½ teaspoon flavoring
½ cup very hot milk

Beat egg yolks well. Add sugar gradually, beating after each addition. Add flour mixed, and sifted three times with baking powder and salt; then the flavoring, next fold in the stiffly beaten egg whites and lastly, fold in the hot milk gradually.

CHOCOLATE MACAROONS

1 small can condensed milk
2 cups coconut
2 squares melted chocolate
½ teaspoon salt
1 teaspoon vanilla

Mix all thoroughly and drop on buttered baking sheet by spoonfuls. Have a slow oven.

NEVER-FAIL CHOCOLATE CAKE

Prize Recipe at Port Elgin Fair

½ cup shortening
2 cups brown sugar
1 cup sour milk
½ cup cocoa
2½ cups pastry flour
¼ teaspoon salt
Vanilla to suit taste
1 teaspoon soda dissolved in ½ cup boiling water

Cream shortening, add sugar gradually. Combine thoroughly. Sift flour, cocoa and salt together three times. Add alternately with sour milk. Add water in which soda is dissolved and flavoring. Beat well.

● **NOTE:** As this cake requires no eggs, it is an excellent recipe to use during the winter months when eggs are more expensive. In making any Chocolate Cake always use soda and sour milk as this gives a much softer, fluffier texture. Cocoa is more convenient to use than chocolate in any recipe where the latter is called for. Cocoa takes less time to incorporate into any mixture; and when chocolate is melted there is bound to be waste.

ECONOMY WAR CAKE

2 cups warm water
2 cups brown sugar
4 Tablespoons vegetable shortening
1½ teaspoons cinnamon
1 teaspoon cloves
½ teaspoon salt
1 package raisins

Cream the shortening, add the sugar. Combine thoroughly; add the other ingredients and boil all together for 5 minutes. When this mixture is cold, add:

1 teaspoon soda, mixed and sifted with 3 cups flour. Bake 1 hour in a loaf pan in a moderate oven.

● **NOTE:** Pastry flour should always be used in a cake. If, however, you have only bread flour on hand, take out two Tablespoons of flour for each cup used and put in its place two Tablespoons corn starch.

NEW BRUNSWICK DOUGHNUTS

2 Tablespoons butter, melted
1 cup sugar
2 eggs
3 cups flour
3 teaspoons baking powder
¼ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
1 cup milk

Add sugar to melted butter. Beat thoroughly. Beat eggs and add to sugar mixture. Sift dry ingredients and add alternately with the milk to above mixture. Dough should be a little stiffer than a biscuit dough. Roll out ¼ inch thick on a floured board. Cut with doughnut cutter and fry in deep hot fat. Turn once to brown both sides. Remove to brown paper to drip. Sprinkle with powdered sugar, if desired.

NUT SMACKS

½ cup white sugar
1 teaspoon baking powder
3 egg yolks
3 egg whites
½ cup brown sugar
½ cup butter or other shortening
1½ cups flour
1 teaspoon vanilla
1 cup chopped nuts

Cream shortening, add sugar gradually. Mix well. Beat in egg yolks. Sift flour and baking powder together twice. Add to first mixture and if too stiff to spread, add a little cream or milk. Add flavoring and spread this mixture on a buttered pan. Beat the egg whites stiff, add the 1 cup chopped nuts and the brown sugar. Spread this second mixture over the first. Bake in a moderate oven. Cut in squares.

OATMEAL COOKIES

1 cup butter
1 cup flour
3 cups oatmeal
1 cup brown sugar
1 egg
1 teaspoon soda
½ teaspoon salt
1 teaspoon vanilla

Cream butter, add sugar, add beaten egg, then oatmeal and flour which has been mixed and sifted with baking powder and salt; add flavoring. Chill over night. Roll out thin and bake in moderate oven. For a variation, cook together over a low fire for a few minutes, 1 pound dates, ¼ cup brown sugar and ¼ cup water. When this mixture is soft and thick, place a bit of it on one cooky and put another cooky on top, pressing down the edges; bake in a moderate oven.

GINGERSNAPS

½ cup brown sugar
½ cup molasses
¼ cup butter
¼ cup bacon fat

Bring these four ingredients to a boil; then add ½ teaspoon soda. Cool slightly. Then add 1½ cups flour, mixed and sifted with ½ teaspoon salt and 1 teaspoon ginger. Chill or leave over night. Roll out paper thin; and cook in a slow oven.

ICE BOX COOKIES

1 cup butter
2 cups brown sugar
2 teaspoons vanilla
2 eggs
3¾ cups flour
1 teaspoon soda
2 teaspoons cream of tartar
1 teaspoon salt
1 cup nut meats, broken in pieces

Cream butter, add sugar, beaten eggs, flour sifted with soda, cream of tartar and salt, then add flavoring. Roll in roll and chill over night. In the morning, slice thin and bake in moderate oven. This dough will keep for some time and may be kept in ice box and cooked whenever fresh cookies are needed.

PRUNE NWOD-EDIS-DP CAKE

⅓ cup butter
1 cup sugar
2 eggs
½ cup milk
2 teaspoons baking powder
1½ to 1¾ cups flour
1 teaspoon vanilla extract

Sift flour before measuring. Cream butter, add sugar gradually. Beat yolks and whites separately; add yolks to butter and sugar mixture. Add milk, and flour mixed and sifted with baking powder, alternately, then the flavoring and whites of eggs last. For prune mixture, melt 4 Tablespoons butter, spread 4 Tablespoons brown sugar over it, and add a pound of cooked prunes, pitted and cut in pieces. Pour this prune mixture in the bottom of a buttered cake tin and over it pour the above cake batter. Bake in a moderate oven for about 30 minutes or until done. When the cake is done, turn it upside down onto a serving plate. Serve with hard sauce. Makes a wonderful dessert. Upside Down Cake may also be made with pineapple, peaches or sliced apples.

OLD FASHIONED SUGAR COOKIES

½ cup butter
1 cup sugar
2 eggs
About 2 cups flour
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla

Cream butter; add sugar gradually, add 1½ cups flour mixed and sifted with baking powder and salt. Then add enough more flour to make dough that can be handled. Chill dough. Roll thin. Garnish with nut meats, raisin or candied fruits. For chocolate cookies, add chocolate or cocoa to dough. Bake in moderate oven (375 degrees.)

NEW BRUNSWICK GINGERBREAD

½ cup brown sugar
½ cup molasses
1 cup buttermilk or sour milk
2¼ cups flour
1½ teaspoons soda
1 or 2 teaspoons ginger, according to taste
½ teaspoon salt
1 egg, well beaten
½ cup melted butter

Mix milk and molasses. Add sugar. Sift together flour, soda, ginger and salt. Sift again and combine with milk and molasses mixture. Add butter and egg and beat until the mixture is smooth and creamy. Place in greased tin and bake in moderately hot oven for about half an hour.

GINGERBREAD PUDDING

Cut fresh gingerbread made by the above method into squares for individual servings and serve with:

MOLASSES WHIPPED CREAM

Whip ½ cup cream; fold in 2 Tablespoons molasses.

HOT GINGERBREAD PUDDING WITH ORANGE MARMALADE SAUCE

1 cup orange marmalade
¼ cup hot water
Juice 1 lemon

Mix marmalade and hot water, and add lemon juice. Serve hot poured over fresh gingerbread cut in squares.

A MERINGUE DESSERT

4 egg whites
1 cup granulated sugar
Pinch salt
Almond Flavoring

Chill the egg whites, then beat until stiff using a whisk, rather than a rotary egg beater so as to give a more spongy texture. Add the sugar, salt and flavoring extract. The oven must be very cool, not over 275 degrees F., and then the heat must be reduced and cooking finished at 250 degrees F. Pour over the meringues a sauce of peaches, pineapple or any other cooked fruit and serve. Meringues are also delicious served with Chocolate Sauce and Ice Cream.

NOTE: Egg whites will beat up more quickly if a pinch of salt is added.

PEANUT BUTTER CUP CAKES

½ cup butter
½ cup peanut butter
1 cup sugar
2 eggs
3 cups sifted flour
4 teaspoons baking powder
½ teaspoon salt
1½ cups milk
1 teaspoon vanilla

Cream the fats, add sugar, the beaten eggs, then add mixed and sifted dry ingredients alternately with the milk. Cook in greased muffin tins for about 20 minutes in a moderate oven.

PEANUT BUTTER BROWNIES

4 Tablespoons butter
4 Tablespoons peanut butter
½ cup sugar
2 eggs
½ cup sifted flour
½ teaspoon baking powder
¼ teaspoon salt
2 squares unsweetened chocolate

Cream butter and peanut butter; add sugar, beaten eggs, melted chocolate and then the flour mixed and sifted with baking powder and salt. Spread in shallow tin lined with buttered paper and bake in a moderate oven for about 30 minutes. Turn out and cut in squares.

NOTE: When substituting cocoa for chocolate, 1 Tablespoon cocoa takes the place of 1 square of chocolate. Slightly more liquid is required, however, when cocoa is used.

CORNFLAKE MACAROONS

Beat the whites of 2 eggs stiff, add gradually ½ cup sugar, then 2 cups cornflakes, 1 cup coconut, 1 teaspoon vanilla. Mix all ingredients and cook in very slow oven.

VERY GOOD MACAROONS

¼ pound of almonds
1 cup dates
1 cup sugar
Few drops Almond Flavoring
Whites 2 eggs

Leave skins on almonds; put them in a sieve and wash by letting water run through them. Dry on a towel. Cut nuts in halves. Beat egg whites stiff; add sugar, nuts, dates and flavoring. Drop from a spoon on a greased tin and cook about 15 minutes in a moderate oven.

PEANUT BRITTLE

2 cups white sugar
3 cups shelled peanuts

Melt sugar in a frying pan, stirring constantly to avoid burning. Place peanuts in buttered dish and leave in warm place while the syrup is being made. When syrup is turning golden brown, turn it over the nuts. As soon as it is cold, the candy is ready to eat.

MARSHMALLOWS

1 Tablespoon granulated gelatin
2 cups white sugar
1 teaspoon vanilla
1¼ cups water
Pinch of salt

Soak gelatine in half of water for 5 minutes. Boil sugar, salt and rest of water until mixture forms a thread when dropped from a spoon. Add gelatine and vanilla to mixture and let cool slightly. Beat until mixture becomes thick and white. Pour into pans well covered with powdered sugar.

OLD ENGLISH TOFFEY

5 Tablespoons corn syrup
½ pound butter
1 tin condensed milk
3 cups brown sugar
Any desired flavoring

Stir mixture for half hour after it begins to boil. Then pour into buttered pans and mark in squares.

SEA FOAM

2 cups brown sugar
Scant cup hot water
White 1 egg
1 teaspoon vanilla

Boil sugar and water until it threads when dropped from end of spoon. Beat white of egg stiff. Pour syrup on beaten egg white, beating constantly. Add vanilla and if desired, nuts. Beat until cool.

MRS. BARKER'S FUDGE

1/3 cup white sugar
2/3 cup brown sugar
2/3 cup milk
2 Tablespoons butter
2 squares unsweetened chocolate

Melt butter and chocolate; add sugars and milk. Do not stir after all are thoroughly mixed together. Let come to boil and cook very slowly until mixture forms a soft ball when a bit of it is dropped in water. Add vanilla. Let cool until bottom of sauce pan in which candy was cooked, is cold. Then beat, long and hard, and put in buttered pan. Cut in squares.

MRS. MacEWEN'S FUDGE

3 cups brown sugar
3 Tablespoons cocoa
1 cup milk
2 Tablespoons butter
1 teaspoon vanilla
1 cup chopped walnuts

Mix together all but the flavoring and nuts and boil until it forms a soft ball when dropped in cold water. Remove from fire, add flavoring and nuts and if desired, 1 Tablespoon melted marshmallow. Beat very hard until it is creamy. Pour out on buttered dish and mark into squares.

DIVINITY FUDGE

2 cups white sugar
2 egg whites, beaten stiff
½ cup corn syrup
½ cup hot water

Boil sugar, corn syrup and water together until it forms a brittle ball when dropped in cold water. Stir slowly into the stiffly beaten egg whites, beating constantly. Flavor to taste. Chopped nuts may be added if desired.

LEMON SYRUP

Juice and rind of 6 lemons
5 pounds sugar
3½ pints boiling water
1 ounce Epsom salts
1 ounce Tartaric Acid
2 ounces Citric Acid

Pour the boiling water over the sugar; add lemon and acids. Stir thoroughly until well dissolved. Strain and bottle. A very little of this syrup with water added makes delicious lemonade. The syrup keeps well.

● **NOTE:** This syrup may be used as a substitute for Lemon extract. Try it as a flavoring for puddings, cakes, etc.

PEAR CONSERVE

5 pounds pears, cut in large dices
5 pounds sugar
Juice 2 oranges
Juice 2 lemons
Rind of 2 oranges, cut in paper-thin strips
1 pound seeded raisins

Mix all together and let stand over night. In morning, boil until quite thick. 15 minutes before taking mixture from fire, add ½ pound blanched almonds, cut in strips. If preferred, nuts may be omitted.

RAW TOMATO RELISH

7 pounds ripe tomatoes (Dip quickly in and out of boiling water to keep firm. Cut up.)
2 pounds celery, diced
7 large onions (Chop onions quite fine; stir in 1 cup salt. Place this mixture in jelly bag and let drain over night.)
2 cups vinegar (Use white malt distilled vinegar)
6 cups sugar
2 red peppers, chopped fine
3 ounces mustard seed

Mix the tomatoes, celery and the onions which have drained overnight in jelly bag, with the vinegar to which have been added, the sugar, chopped peppers and mustard seed. Stir and seal in sterile bottles.

HINTS TO THOSE WHO WOULD ENTERTAIN ROYALLY

1. Serve only fresh native foods, in season. Remember, anyone, anywhere can get canned foods. Visitors expect New Brunswick foods to be gathered fresh from sea and garden!
2. Make coffee after the manner of the following recipe. Never try to economize on coffee: If you can't afford enough coffee or don't take the time to make it properly, use tea instead. Surely all New Brunswickers can make the best brew of tea.

HOW TO MAKE GOOD COFFEE

(This recipe serves 6)

Scald a clean coffee pot, preferably an enamel pot. In it put 12 level Tablespoons of ground coffee. Add several crushed egg shells or the white of one egg. Pour in 1 cupful of cold water and shake until the whole is well mixed. Add 5 cupfuls of **freshly boiling** water and put over the fire to boil. Allow to boil for 5 minutes, then pour ¼ cupful of cold water down the spout. Allow to stand on the back of stove where it will keep hot for a few minutes and then serve immediately. This recipe makes enough coffee for six persons.

NOTE: Keep coffee pot scrupulously **clean** so that delicate flavor of coffee may be unimpaired. Scald the pot each time just before making coffee and cleanse it frequently by filling it with water to which 1 teaspoon of soda has been added, and allowing to come to a boil. Rinse and scald.

CLASSIFICATION AND PROPORTIONS OF BATTER AND DOUGH MIXTURES

1. The Pour Batter (for Griddle Cakes, etc.)
   Use 1 cup liquid to 1 cup flour
2. The Drop Batter (Cakes, Biscuits, etc.)
   Use 1 cup liquid to 2 to 2½ cups flour
3. Soft Dough
   Use 1 cup liquid to 3 to 3½ cups flour
4. Stiff Dough
   Use 1 cup liquid to 4 cups flour

CHEMISTRY IN THE KITCHEN

Rules for the Use of Leavening Agents

1. To 1 level teaspoon of soda, use 2 to 2¼ teaspoons cream of tartar.
   To 1 level teaspoon of soda, use 2 cups freshly soured milk. (If milk is older and more acid, use proportionately more soda.)
   To 1 level teaspoon of soda, use 1 cup molasses.
2. In simple flour mixtures, use 2 level teaspoons baking powder to leaven 1 cup flour and 1 egg. But for each additional egg used, use ¼ teaspoon less baking powder.
3. To substitute soda and an acid for baking powder in any recipe, divide the amount of baking powder given by four and you will have the correct amount of soda to use. For instance, if a recipe calls for 2 teaspoons of baking powder and you wish to use soda and an acid, ½ teaspoon of soda would be the amount required. Taking this as your measure for soda, add the acid (the cream of tartar, sour milk or molasses) in the proportions given in rule 1.

BASIC RECIPE FOR ALL SCALLOPED DISHES

Giving Correct Proportions

2 cups solid, cooked material (Vegetables, fish, etc.)
¼ to ½ cup bread crumbs
1 to 2 Tablespoons butter
1 cup medium white sauce

(Medium White Sauce: 2 Tablespoons butter, 2 Tablespoons flour, ½ teaspoon salt, dash pepper, 1 cup milk)

DEEP FAT FRYING TIPS

Vegetable oils furnish the most satisfactory medium for deep fat frying since they do not burn or decompose readily. If animal fats are used, two parts of lard to one of dripping (suet) make a good combination. Be sure to have sufficient fat to cover food. Test temperature each time when food to be fried is added. If no thermometer is used, test temperature of fat with small cube of bread which should brown in 60 seconds.

SYRUP PROPORTIONS FOR CANNING FRUITS

Thin Syrup	1 cup sugar to 2 cups water
Medium Syrup	1 cup sugar to 1 cup water
Thick Syrup	2 cups sugar to 1 cup water

Boil sugar and water in a covered saucepan for 5 minutes. Two-thirds to 1 cup of syrup is usually used to each pint jar. Use thin syrup for apples, pears and crabapples. Use medium syrup for strawberries, raspberries, blueberries, peaches, apricots and sweet cherries. Use thick syrup for currants, plums, gooseberries, cranberries and sour cherries.

TIME TABLE FOR STERILIZING FRUITS AND VEGETABLES

in boiler or steam cooker

Strawberries	8 minutes
Peaches	15 to 20 minutes
Raspberries	12 minutes
Blueberries	12 minutes
Apricots	12 minutes
Cherries	12 minutes
Apples	20 minutes
Pears	20 minutes
Crabapples	20 minutes
Currants	12 minutes
Plums	12 minutes
Gooseberries	12 minutes
Cranberries	12 minutes

Green Vegetables 75 minutes, using 1 teaspoon of salt to 1 pint jar (Including asparagus, spinach, cauliflower, beet tops, swiss chard and dandelion greens.)

Tomatoes	30 minutes,	using 1 teaspoon salt to 1 pint jar
Peas	3 hours,	using ½ teaspoon salt to 1 pint jar
Beans	3 hours,	using ½ teaspoon salt to 1 pint jar
Beets (young)	1½ hours,	using ½ teaspoon salt to 1 pint jar
Carrots	1½ hours,	using ½ teaspoon salt to 1 pint jar

NOTE: For beets, 1 part vinegar to 4 parts water may be used.

By following the above directions, New Brunswick fruits and vegetables may be kept for winter use.

TIME TABLE FOR COOKING CEREALS

With correct proportions of water and salt

Kind	Amount of cereal	Amount of water	Amount of salt	Time for cooking
Whole Grains	1 cup	3 cups	1 teaspoon	4 to 6 hours
Rolled or flaked	1 cup	2½ to 3 cups	1 teaspoon	1½ to 2 hours
Granular	1 cup	4 cups	1 teaspoon	1 to 2 hours
Rice (boiled)	1 cup	8 to 12 cups	1½ teaspoons	20 minutes
Rice (steamed)	1 cup	2½ cups	1 teaspoon	45 minutes

TABLE OF MEASURES

3 teaspoons	equal	1 Tablespoon
16 Tablespoons	equal	1 cup
2 cups	equal	1 pint
4 cups	equal	1 quart

OVEN TEMPERATURES

Biscuit ..... 400°—500° Fahrenheit
Bread ..... 350°—450° F.
(In baking bread, begin with oven at 350 F., raise temperature rapidly and reduce again to finish baking.)
Cakes—Angel ..... 300°—400° F.
Layer ..... 350°—400° F.
Loaf ..... 280°—315° F.
Sponge ..... 300°—400° F.
Cup ..... 350°—400° F.
(In baking cakes, begin with the lower temperature and raise it gradually.)
Cookies ..... 375°—400° F.
Custards ..... 250°—350°
(Custards may be cooked set in a pan of water at temperature of 300° to 350 degrees F.)
Gingerbread ..... 350°—370° F.
Muffins ..... 400°—450° F.
Meat ..... 400°—500°
(Start meat with oven at high temperature, then reduce sharply to 300°—350°.)
Potatoes ..... 400°—500° F.
Pastry (without filling) ..... 450°—550° F.
Pastry (with filling) ..... 450°—400°
(Pastry should be put in hot oven, then temperature should be reduced to finish cooking.)
Rolls ..... 400°—450° F.

TIME TABLE FOR BOILING VEGETABLES

Asparagus	20 to 30 minutes	Corn on Cob	5 to 15 minutes
Beets (young)	30 minutes	Onions	35 to 50 minutes
Beets (old)	3 to 4 hours	Peas (green)	15 to 30 minutes
Beans (string)	30 to 45 minutes	Parsnips	30 to 50 minutes
Celery	20 to 30 minutes	Marrow	15 to 20 minutes
Carrots	30 to 50 minutes	Squash	20 to 30 minutes
Cabbage, cut	20 to 30 minutes	Spinach	10 to 15 minutes
Cauliflower	20 to 30 minutes	Turnips	30 to 45 minutes

Young and tender greens should be cooked as much as possible in their own juice in order to retain all the mineral salts. Add only enough water to prevent burning. Greens which are strong in flavor should be cooked in a larger quantity of water.

Cook cabbage in an uncovered kettle and only just long enough to be tender. Cabbage cooked this way is white, fresh-looking and easily digested as the strong flavor has had a chance to evaporate and has not been re-absorbed by the cabbage as is the case when this vegetable is cooked covered. Onions also should be cooked uncovered and for the same reason. The water in which onions are cooked has a disagreeable flavor and should not be used. Any water left from cooking other vegetables should be made use of in soups, etc. Boil all vegetables in as little water as possible and there will be little water to be drained off.

VISITORS HAVE ALWAYS BEEN WELCOME TO NEW BRUNSWICK

Writing of the New Brunswickers back in 1847, Abraham Gesner, surgeon, geologist and acute observer said:

> "If a friend or a stranger puts himself in the way of their hospitality, he will find good fare and a hearty welcome: indeed, any person of respectable address and appearance, who can tell a good story, sing a good song, and play the fiddle, may travel through Nova Scotia and New Brunswick free of expense; nor will he always lack the means of comfortable conveyance from place to place, or hose or mittens when the weather is cold; and the farther he keeps from the towns, the more successful will he be in his economical tour."

Of course, times have changed somewhat in the meantime but the same open hospitality and hearty welcome awaits every visitor to this Province. And a tour here is still economical even for folks who can't sing or play the fiddle!

INDEX

Appetizer, Sardine 39
Sardine Dainty Roll 39
Sardine Delight 39
Sardine Spread 39

Apples, Baked, ten different ways 10, 11
Baked Slices with Honey 14
Baked with Banana Stuffing 14
Betty with Cranberry Hard Sauce 14
Betty with Rhubarb 22
Cider Pie 13
Conserve with Blueberries 17
Delight 13
Dumplings with Lemon Sauce 12
Muffins 13
Pie 11
Sauce 10
Sauce Jellied 14

Asparagus Sauce 33
Bacon, with Shad Roe 35
With Cod Fish Cakes 36
With Potato Balls 8
With String Beans 61
With Sardine Spread 39
Bananas, Baked Apples, stuffed with Bananas 14

Beans, Campfire Chowder with Beans 54
Cooked over Campfire 54
String with Bacon 61
New Brunswick Baked 61

Beef, Roast with Yorkshire Pudding 51
Steak and Kidney Pie 50

Blueberry, and Apple Conserve 17
Betty 16
Grunt with Nutmeg Sauce 15
Ice 17
Jelly 16
Pancakes 16
Pie 15
Pudding with Hard Sauce 17

Bread, and Butter Rhubarb Pudding 21
Brown 62
Date 61
Maple Sugar Bread 24
Steamed Brown 61
Sauce with Roast Partridge 45
Stuffing 35

Broth, Scotch 52

Buckwheat Pancakes 56
New Brunswick Special Pancakes 55
Porridge 49
Buttermilk, Griddle Cakes 55

Cabbage, Cole Slaw 60
Five Minute 60

Cakes, Never Fail Chocolate 64
Economy War 64
Hot Water Sponge 63
Hot Milk Sponge 63
Gingerbread 66
Potato 9
Prune Up-Side-Down 66
Rhubarb Sauce 20

Cakes, Small, Oat 52
Peanut Butter Cup 67
Peanut Butter Brownies 67

Camp Cookery, Baked Potatoes 54
Campfire Beans 54
Campfire Chowder 54
Camp Coffee 54
Cheese Bob 53
Kabobs 53
Roast Corn 53
Fried Trout 54
Steamed Trout 54
Steamed Salmon 54

Candy, Children's Special, Potato Candy 9
Divinity Fudge 69
Mrs. Barker's Fudge 69
Mrs. McEwen's Fudge 69
Maple 25
Marshmallows 68
Peanut Brittle 68
Old English Toffey 68
Sea Foam 68

Cheese, Bob 53
Grated on Potato Patties 7
Sauce with Baked Haddock Fillets 37

Chicken, Broiled 57
Roast 57

Chocolate, Cake 64
Macaroons 63

Clams, Bouillon 29
Chowder 29
Juice Cocktail 29
Steamed 29
Hard-Shelled, see Quahaugs 30
Waffles 30

Cocktail, Clam Juice ... 29
Sardine ... 38

Cod, Creamed ... 36
Fish Balls ... 36
Fish Cakes and Bacon ... 36
How to freshen ... 35
Salt Cod Dinner ... 35

Coffee, Cake ... 63
Camp ... 54
How to make ... 70

Conserve, Apple and Blueberry ... 17
Pear ... 69

Cookies, Chocolate Macaroons ... 63
Cornflake Macaroons ... 68
Gingersnaps ... 65
Ice Box Cookies ... 65
Maple Sugar Cookies ... 23
Meringues ... 67
Nut Smacks ... 65
Old-Fashioned Sugar Cookies ... 66
Oatmeal Cookies ... 65
Very Good Macaroons ... 68
Peanut Butter Brownies ... 67

Corn, Boiled ... 61
Cream of Corn Soup ... 60

Cranberry, Hard Sauce ... 14

Cucumbers, Peas in Cucumber Boats ... 33

Custard Sauce ... 13

Date, Bread ... 61
Spread for Oatmeal Cookies ... 65

Desserts, Meringue ... 67
Prune Up--Side-Down ... 66
Apples, baked ... 10, 11
Apples, baked with Honey ... 14
Apples, baked with Banana Stuffing ... 14
Apple Betty with Rhubarb ... 22
Apple Betty with Cranberry Hard Sauce ... 14
Apple Delight ... 13
Apple Dumplings with Lemon Sauce ... 12
Apple Sauce ... 10
Apple Sauce, Jellied ... 14
Blueberry Betty ... 16
Blueberry Grunt with Nutmeg Sauce ... 15
Blueberry Ice ... 17
Blueberry Jelly ... 16
Blueberry Pancakes ... 16
Rhubarb Sauce ... 21
Stewed Figs and Rhubarb ... 20
Old-Fashioned Strawberry Shortcake ... 18
Maple Sauce ... 24
See **Puddings** and **Pies** for further desserts.

Doughnuts, Potato ... 9
New Brunswick ... 64

Dressing, French ... 28
Hot Slaw ... 60
Mayonnaise ... 28

Duck, Wild Roast with Orange Sauce ... 43

Dumplings ... 44

Eggs, Stuffed with Sardines ... 40
Sardine Omelette ... 41

Figs, with Rhubarb ... 20

Fish and Shellfish, Clam Bouillon ... 29
Clam Chowder ... 29
Clam Juice Cocktail ... 29
Clams, Steamed ... 29
Clams, Hard-shelled, see Quahaugs
Clam Waffles ... 30
Cod, Creamed ... 36
Fish Balls ... 36
Codfish Cakes with Bacon ... 36
Cod, how to freshen ... 35
Salt Cod Dinner ... 35
Finnan Haddie, Baked ... 37
Fish Chowder ... 38
Fish Fillets with Onion Sauce ... 38
Fish Hash ... 37
Fish, Quick Supper ... 38
Haddock, Baked, with Cheese Sauce ... 37
Halibut, Baked ... 36
Lobster, Broiled ... 27
Lobster, Jiffy ... 28
Lobster, Newburg ... 27
Lobster, Salad ... 28
Lobster, Thermidor ... 27
Mackerel, Panned ... 37
Oysters, Creamed ... 31
Oysters, Pie ... 32
Oysters, Raw ... 30
Oysters, Scalloped ... 31
Oysters, Stew ... 31
Oyster Stuffing ... 31
Quahaugs (Hard-Shelled Clams,
On Half Shell ... 30
Pie ... 30
Stuffed ... 30
Salmon, Boiled ... 32
Salmon, Broiled ... 33
Salmon, Salad Sandwich ... 33
Salmon, Sauces for ... 32
Salmon, Steamed ... 32
Sardine Appetizer ... 39
Sardine Balls ... 40
Sardine Cocktail ... 38
Sardine Dainty Rolls ... 39
Sardine Delight ... 39
Sardine, Devilled ... 41
Sardine, Eggs Stuffed with ... 40
Sardine, Jellied ... 40

Sardine Omelette ... 41
Sardine Potato ... 40
Sardine Salad ... 40
Sardine Sandwich (Lenten) ... 39
Sardine, Open-Face Sandwich ... 39
Sardine Spread ... 39
Sardine Supper ... 41
Sardine Wiggle ... 41
Shad, Baked with Bread Stuffing ... 35
Shad Roe with Bacon ... 35
Smelts, To Clean ... 34
Smelts, Fried ... 34
Smelts, Pickled ... 34
Smelts, Sautéed ... 34
Smelts, Sauce for Sautéed Smelts ... 34
Trout, Broiled Sea or Brook ... 37
Trout, Fried over Camp fire ... 54
Trout, Steamed ... 54

French Dressing ... 28

French Toast ... 16

Fricot ... 48

Frosting, Orange ... 9
Maple Sugar ... 25

Fudge, Mrs. Barker's ... 69
Mrs. McEwen's ... 69
Divinity ... 69

Game, Moose Steak ... 42
Rabbit Fricassee ... 44
Venison ... 42

Game Birds, Game Pie ... 45
Partridge aux Choux ... 44
Partridge wtih Bread Sauce ... 45
Goose, Roast with Potato Stuffing ... 43
Duck, Wild, with Orange Sauce 43
Snipe, Broiled ... 43
Woodcock, Broiled ... 45

Gingerbread, New Brunswick ... 66
Maple Syrup Gingerbread ... 24
Pudding with Molasses Whipped Cream ... 66
Pudding with Orange Marmalade Sauce ... 67

Gingersnaps ... 65

Griddle Cakes, New Brunswick Specials ... 55
Old-Fashioned Buckwheat ... 56
Sour Milk or Buttermilk ... 55

Haddock, Baked Fillets with Cheese Sauce ... 37

Halibut, Baked ... 36

Hash, Fish ... 37

Hard Sauce ... 17
Cranberry ... 14

Honey, with Baked Apple Slices ... 14

Horseradish Sauce ... 51

Irish Stew ... 51

Jam, Strawberry ... 19

Jellied Apple Sauce ... 14

Jelly, Blueberry ... 16

Kabobs ... 53

Kidney and Beefsteak Pie ... 50

Lamb, in Irish Stew ... 51

Lemon, Pie ... 22
Sauce ... 12
Syrup ... 69

Lobster, Broiled ... 27
Jiffy ... 28
Newburg ... 27
Salad ... 28
Thermidor ... 27

Macaroons, Chocolate ... 63
Cornflake ... 68
Very Good ... 68

Mackerel, Panned ... 37

Maple, Candy ... 25
Sauce ... 24
Sugar Bread ... 24
Sugar Cookies ... 23
Sugar Frosting ... 25
Syrup and Nut Pie ... 23
Syrup Gingerbread ... 24
Syrup Pudding ... 24

Marmalade, Orange Sauce ... 67
Rhubarb ... 22

Mayonnaise Dressing ... 28

Meat-Stuffed Potatoes ... 8

Menu, Shore Dinner ... 27

Molasses Whipped Cream ... 66

Moose Steak ... 42

Mushrooms, How to prepare for cooking ... 57
On Toast ... 58
Pan Fried ... 58
Pickled ... 59
With Veal Cutlets ... 58

Nutmeg Sauce ... 15

Oat Cakes ... 52

Oatmeal Cookies ... 65

Onion Sauce ... 38

Orange Frosting ... 9
Marmalade Sauce ... 67
Sauce, served with duck ... 43

Oysters, Creamed ... 31
Pie ... 32
Raw ... 30
Scalloped ... 31
Stew ... 31
Stuffing ... 31

Pancakes, New Brunswick Specials ... 55
Old-Fashioned Buckwheat ... 56
Sour Milk or Buttermilk ... 55
Blueberry ... 16
Potato ... 56

Parsley Potatoes ... 33

Partridge, aux Choux ... 44
Roast with Bread Sauce ... 45

Pâté Râpé ... 47

Pea, Green Pea Sauce ... 32
In Cucumber Boats ... 33

Peanut Brittle ... 68

Peanut Butter Brownies ... 67

Peanut Butter Cup Cakes ... 67

Pear Conserve ... 69

Pickles, Mushrooms ... 59
Raw Tomatoes ... 70
Rhubarb ... 21
Beets, See Note on page 72

Pie (Dessert) Apple ... 11
Apple Cider ... 13
Blueberry ... 15
Lemon ... 22
Maple Syrup and Nut ... 23
Pumpkin ... 59
Rhubarb ... 21
Squash ... 59
Vinegar ... 60

Pie (Main Course) Game ... 45
Oyster ... 32
Quahaug ... 30

Porridge, Buckwheat ... 49

Potatoes, Baked ... 5
Campfire Baked ... 54
Baked and Stuffed ... 5, 6
Balls with Bacon ... 8
Boiled ... 6
Browned ... 7
Cake, with Orange Frosting ... 9

Potatoes, Candy, Children's Special ... 9
Creamed ... 6
Doughnuts ... 9
Escalloped ... 8
French-Fried ... 7
Lyonnaise ... 8
Mashed ... 6
Meat-Stuffed ... 8
Parsley ... 33
Pancakes ... 56
Patties ... 7
Sardines ... 40
Sausages ... 7
Stuffing ... 43
Scallop, see Escalloped Potatoes ... 8

Poultry, Chicken, Broiled ... 57
Chicken, Roasted ... 57

Poutines Rapées ... 47

Puddings, Blueberry Pudding ... 17
Indian Pudding ... 49
Gingerbread with Molasses Whipped Cream ... 66
Gingerbread with Orange Marmalade Sauce ... 67
Maple Syrup Pudding ... 24
Rhubarb Bread and Butter Pudding ... 21
Strawberry Pudding with Strawberry Sauce ... 19
Strawberry Frozen Pudding ... 18
See **Desserts** for further Puddings.

Pudding, Yorkshire ... 51

Prune Up-Side-Down Cake ... 66

Quahaugs (Hard-Shelled Clams) On Half Shell ... 30
Pie ... 30
Stuffed ... 30

Rabbit, Fricassee ... 44

Relish, Raw Tomato ... 70
Rhubarb ... 21
Rhubarb, and Apple Betty ... 22
Bread and Butter Pudding ... 21
Marmalade ... 22
Pie ... 21
Sauce ... 21
Sauce Cake ... 20
Relish ... 21
With Figs ... 20

Rolls, Clover Leaf Refrigerator ... 62

Rules for Cooking Cereals ... 73
for Canning Fruits and Vegetables ... 72
for Boiling Vegetables ... 74
for Deep Fat Frying ... 72
for Oven Temperatures ... 73
for Correct Proportions in Batter and Dough Mixtures ... 71
for the Use of Leavening Agents (Very important to good cooking) ... 71

Salad Dressing, French ... 28
Mayonnaise ... 28

Salads, Egg with Sardines 40
Jellied Sardine 40
Lobster 28
Salmon Salad 33
Sardine 40

Salmon, Boiled 32
Broiled 33
Salad Sandwich 33
Sauces to serve with 32
Steamed 32
Steamed, Camp Style 54

Sandwich, Salmon Salad 33
Sardine, Open-Face 39
Sardine, Lenten 39

Sardine, Appetizer 39
Balls 40
Cocktail 38
Dainty Rolls 39
Delight 39
Devilled 41
Eggs Stuffed with 40
Jellied 40
Omelette 41
Potato 40
Salad 40
Sandwich, Lenten 39
Sandwich, Open Face 39
Spread 39
Supper 41
Wiggle 41

Sauces, Apple 10
(For Dessert) Apple Jellied 14
Rhubarb 21
Maple 24

Sauces, Sweet, to be served with desserts, Cranberry Hard 14
Custard 13
Hard 17
Lemon 12
Maple 24
Marmalade, Orange 67
Molasses Whipped Cream 66
Nutmeg 15
Strawberry 19
Vanilla 12

Sauces, for meat, fish, game, Bread, with Partridge 45
Cheese, with fish fillets 37
Horse Radish with Roast Beef 51
Onion with fish fillets 38
Orange Sauce with Roast Duck 43
Tartare, fish, hot and cold, cold meats 33
For Sautéed Smelts 34
White Sauce for Boiled Salmon 32
Green Pea Sauce for Boiled Salmon 32
Asparagus 33

Scalloped Dishes, Basic recipe for 71

Scotch Broth 52

Sea Foam Candy 68

Shad, Baked with Bread Stuffing 35
Roe with Bacon 35

Smelts, To Clean 34
Fried 34
Pickled 34
Sautéed 34

Snipe, Broiled 43

Sour Milk Griddle Cakes 55

Soups, Clam Bouillon 29
Clam Chowder 29
Campfire Chowder 54
Fish Chowder 38
Cream of Corn 60
Oyster Stew 31
Scotch Broth 52

Squash, Baked 59
Pie 59

Stuffings, Bread 35
Oyster 31
Potato 43

Strawberry, Jam 19
Frozen Pudding 18
Pudding 19
Sauce 19
Shortcake 18

Stew, Irish 51

Steamed Brown Bread 61

Tartare Sauce 33

Toast, French 16
with Mushrooms 58

Toffey, Old English 68

Tomato, Raw Relish 70

Trout, Brook or Sea, Broiled 37
Fried, Campfire Style 54
Steamed, Campfire Style 54

Vanilla Sauce 12

Veal Cutlets 58

Vegetables, Timetable for cooking 74
Timetable for canning 72

Venison 42

Vinegar Pie 60

Waffles, Clam 30

Woodcock, Broiled 45

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